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*Glorious greens inspire
 strategy for dressing.*

Food, Page 1C

*Today's
 Food*

**Bowles opponent seeks
 her position on issues.**

News, Page 3A

Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

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VOLUME 18, NUMBER 72

WEDNESDAY, SEPT. 7, 1994

THIRTY-FIVE CENTS

Liquor license rules toughened

By Bob Slate
Staff writer

Liquor licenses will be more difficult to obtain in Granite City thanks to an amendment passed by the City Council last month.

The amendment to the city's liquor license ordinance prohibits the issuance of a liquor license to any applicant whose business is located within 300 feet of a school, church or hospital.

But an alderman who opposed the plan says it may thwart some development in the city.

Previously, the ordinance required license applicants to be at least 100 feet away from schools, churches or hospitals. While that distance was measured from building to building, the new regulation provides that distance be measured from property boundary lines.

Liquor licenses are issued for one year. However, those individuals and businesses that currently hold licenses but that would be excluded under the revision — such as National Foods, QuikTrip, Hucks and several taverns — will be exempt from the new regulation when they apply for license renewal.

Similarly, anyone who purchases a business that currently holds a license will be exempt from the new regulation. That applicant would still have to meet all other requirements.

Mayor Ron Selph said he requested the

amendment to further protect children and other members of the public from the dangers and nuisances associated with establishments that sell alcoholic beverages.

The City Council passed the amendment by a 13-1 vote.

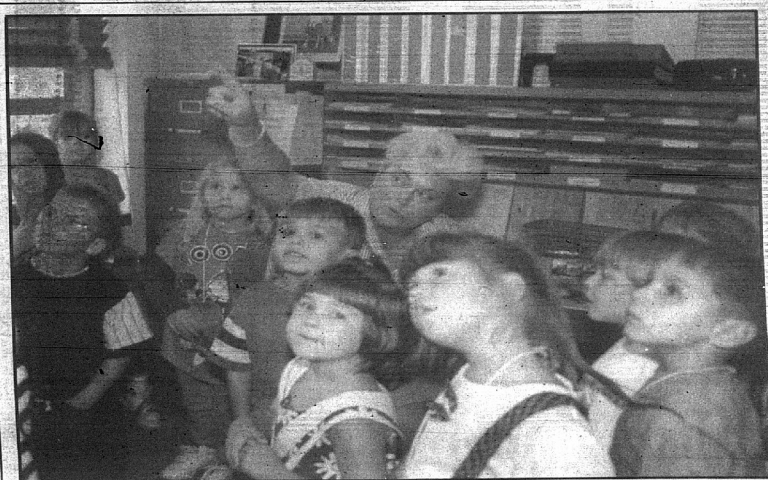
Alderman Jim Miller, who cast the lone dissenting vote, said that the ramifications of the amendment may not have been thought all the way through.

"I don't want to be perceived as someone who is sympathetic with every drunk in town. But this has pretty far-reaching ramifications and I think this may be a rather hastily-conceived plan," Miller said.

Miller, chairman of the City Council's Downtown Rehabilitation Committee, said that the new regulation could have a substantial impact on the value of commercial property.

For example, the city has been working on a development project in the 2000 block of Madison Avenue for about two years. A major drug store has expressed interest in locating on the block, across the street from St. Elizabeth Medical Center. The city has issued \$2 million in tax increment finance bonds to help fund

(See LIQUOR, Page 10A)



(Staff photo by PAM DOEPKE-HURD)

First day — Students in Joyce Tracy's full-day kindergarten class surround Principal Nancy Marti at Worthen School. Marti was pointing out the time on the clock in her office to the class, which was taking a tour of the school offices on the first day of school.

Two arrested, cocaine seized Police chief praises citizens for tips

By Bob Slate
Staff writer

The police chief in Madison is singing high praise for residents who recently tipped off officers about drug dealing in the city.

The information resulted in two drug arrests and federal charges against two suspects.

These two arrests (in separate incidents) are the result of citizens reporting what they observed in a timely manner and giving police the information needed," Police Chief Paul Bargiel said.

He said the two arrests resulted in the seizure of a total of about 60 grams of crack cocaine with a street value of about \$12,000.

I applaud the efforts of our citizens in making these arrests possible," Bargiel said. He characterized the suspects in those two cases as "career criminals."

Both cases were referred to the Metropolitan Enforcement Group of

These two arrests (in separate incidents) are the result of citizens reporting what they observed in a timely manner and giving police the information needed.

— Paul Bargiel
Police chief

Southwestern Illinois, the Drug Enforcement Administration and the U.S. attorney general. Each suspect has been indicted and faces a minimum sentence of 10 years incarceration if convicted, Bargiel said.

Bargiel declined to give details of the arrests in order to protect the identities of

the informants. Many times in the past, he said, residents witnessing criminal activity have been unwilling to provide timely and accurate information to police, often because of a fear of retaliation.

Mayor John Bellciff also praised the residents who reported the suspicious activity to police. He encouraged others to do the same.

"A lot of us have lived in this community all our lives and will continue to live here. We will not be intimidated," Bellciff said.

Those two arrests were among seven made in Madison last month for violations of the Controlled Substances Act, Bargiel said.

The Madison police department also made 37 juvenile arrests during the month — an all-time high, Bargiel said.

Of those 37 arrests, 17 were for curfew violations, he said.

Bargiel said he hopes to see a decrease in the number of juvenile incidents now that school has resumed.

Jail tax extension is favored by board

A drive to extend the soon-to-expire jail construction tax for another 20 years is gaining momentum among Madison County Board members.

Extension of the 1.74-cent tax, which costs the owner of a \$50,000 house \$2.59 a year, would be used to finance a \$4.8 million, 98-bed expansion of the Madison County Jail in Edwardsville.

At an informal County Board meeting called to discuss financing the jail expansion, board members voted Thursday in favor of extending the tax, which is scheduled to drop off the tax rolls next summer.

The proposal needs the approval of the Finance and Buildings committees and another formal County Board vote before it would take effect.

The jail tax was first imposed in 1979 to pay off bonds issued to build the jail. The last of the bonds will be retired next summer.

The state Legislature changed the law to allow use of the tax for the type of renovation work planned in Edwardsville, and State's Attorney William E. Haine said the tax could be extended without a referendum.

The board has also voted in favor of dipping into the county's \$10 million reserve fund to pay for \$1 million in renovations to the Juvenile Detention Home.

— From the Alton Telegraph

In the Journal

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Deaths

Annabelle Kasboske
 Valeta Verbeck
 Phillip McGovern
 Jeffrey Stafford
 Shirley Hoffman
 Albert Thayer

Coming Thursday

People — Labor Day activities draw many.

**COLD FRONT
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Lucky to be alive — Volunteers from the Long Lake Fire Department check out a Ford Escort that collided with a cement truck Wednesday afternoon on Highway 111 in Pontoon Beach. The Escort was southbound and the cement truck was northbound at about 1:15 p.m. Wednesday when the two collided in front of McJunkin Pipe Company. The fire department's rescue truck and a pumper responded to the scene. The driver of the Escort, Richard W. Johnson, 41, of Alton, sustained only a minor scratch on his right knee.



(Staff photo by BOB SLATE)

Jackie Smith to appear here

Pro football Hall of Fame tight end Jackie Smith will be the guest speaker at the 75th annual Tri-City Area YMCA dinner Sept. 14 at the Elks Lodge in Granite City. Dinner will be served at 7 p.m. Tickets for the event are \$20 per person. For information, call the YMCA at 876-7200.

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Festival plans are complete

The Granite City Drug Free by 2000 Task Force has completed planning for Family Festival '94, to be held Sept. 10.

Two events to be held in conjunction with the festival are a parade and a fair. The parade begins at 11 a.m. downtown at Edison and Niedringhaus avenues, proceeds down Madison Avenue, 27th Street and State Street to Wilson Park.

The high school band will begin the fair activities by playing the National Anthem after the parade arrives at Wilson Park. The fair will include game, food and wellness information booths in addition to live entertainment in and around the ice rink.

Other events of the Family Festival '94 will include a city-wide essay contest and a poster contest for elementary school students. On the ice rink entertainment stage, medals will be presented to the winners of both of these contests in addition to the presentation of trophies to the parade winners. Winning essays will also be published in the Press-Record/Journal.

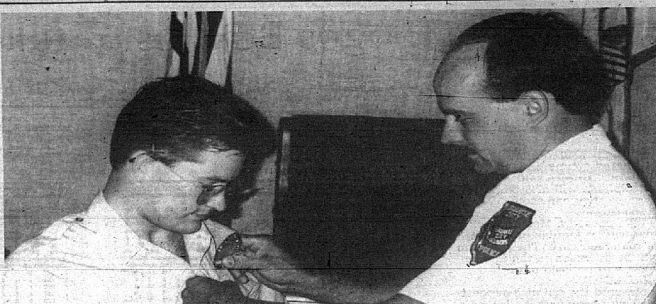
Two high school activity groups, the National Honor Society and the Student Council, will receive special recognition, and individual students will receive certificates and plaques will also be handed out for each group. Members of the National Honor Society will help wherever needed, including selling tickets, helping at game and food booths and cleaning up after the fair. Student Council officers will serve as chairmen to the parade and poster contests and will be parade judges.

The fair at Wilson Park will be held rain or shine. If it is raining prior to 11 a.m. on Sept. 10, participants in the parade should call the park hot line at 977-PARK to find out if there is a rain-out of the parade.

Additional units to the parade include Holy Family, Mitchell, Frohardt, Maryville, Worthen and Niedringhaus elementary schools; Grigsby Junior High; Area Council PTA; Sandy Crates, Seventh Ward alderman and DARE committee president; the park district flag football in sport uniform; and Larry Zotti driving his antique fire engine. All last-minute entries will be placed in the parade.

New this year are the Pepsi banners. Pepsi donated 16 banners inscribed with the Pepsi logo and the message "Drug Free 2000 Family Festival" for placement at each city school, at the park district tennis courts and at the backstop corner at Fehling and Nameoki roads. These 4-foot plastic banners will be used each year to advertise the festival.

This year, a special grant of \$1,400 from United Way (See FESTIVAL, Page 10A)



Police Chief Dave Ruebhausen, right, pins the badge on Granite City's newest police officer, David F. Atchison.

Reinforcements

Granite City police force adds patrolman

Granite City added another patrolman to its police force last week and may add another by the end of this week.

On Thursday, David F. Atchison, 26, was sworn in as a police officer by City Clerk Judy Whitaker.

Police Chief Dave Ruebhausen said that Atchison will be riding along on patrol with other officers until he can attend the police academy at Belleville Area College beginning Sept. 12.

Atchison fills a vacancy created earlier this year when Patrolman Jeff Hoes retired to pursue a chiropractic career.

Another vacancy on the department, created by the retirement of Sgt. Terry May, is yet to be filled. The City Council has instructed the Board of Fire and Police Commissioners to hire another patrolman. The sergeant position will be eliminated, Ruebhausen said.

May has been hired by the city as a computer systems analyst, a job he had been doing at the

police station for the past five years.

Ruebhausen said he hopes the second officer is hired in time to report to the police academy's fall session, possibly some time this week.

The City Council also recently authorized a restructuring of the police department. Another lieutenant position has been created, bringing to four the number of officers of that rank.

Lieutenants serve as shift commanders every shift. Because there were only three lieutenants working five days per week, but a total of 21 shifts per week, the city had been paying a sergeant at the lieutenants' rate to serve as commander on six shifts per week. The additional lieutenant will work a swing shift, Ruebhausen said.

Don Landman was promoted to the rank of lieutenant effective Sept. 1.

Don Petrillo was promoted to sergeant to fill the vacancy in that rank created by the promotion of Landman.

House raided; gun, cocaine are seized

Madison Police seized about 30 grams of crack cocaine and a loaded handgun Wednesday afternoon following a raid on a house in the 1400 block of Seventh Street.

According to Madison Police Chief Paul Bargiel, four men were charged in the incident.

Wayne Lennel Jones, 22, was charged Friday with possession of a controlled substance with intent to deliver and unlawful possession of weapons by a felon.

Bond was set at \$100,000.

Jones was also arrested on an Illinois State Police warrant for failure to appear on a possession of a controlled substance charge.

Daniel Jones, 19, Madison, and James Walker Brown, 23, Madison, were both charged with possession of a controlled substance with intent to deliver.

Bond for each man is set at \$100,000.

Cedric Lamont McDougle, 28, Venice, was arrested on an Illinois Department of Corrections warrant charging parole violation.

A 16-year-old Venice youth who was wanted on a Madison County Juvenile Court warrant was charged as a delinquent minor.

A 21-year-old Madison woman was held, but later released without charge, authorities said.

The raid was the result of an ongoing Madison Police investigation into drug activity, citizen complaints and the cooperation of the owner of the residence, police said.

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Firefighter arrested twice

A city fireman was arrested twice in a one-week period, once for driving 50 miles per hour over the speed limit.

Gregory L. Hoes, 34, of the 2200 block of Woodlawn Avenue, was arrested at 12:16 a.m. Aug. 24 for allegedly driving 85 miles per hour in the 2700 block of Madison Avenue, where the speed limit is 35 miles per hour.

Six days later, Aug. 30, Hoes was arrested for driving 85 miles per hour in the 2700 block of Madison Avenue, where the speed limit is 35 miles per hour.

According to a police report, Hoes veered and cursed in the middle of the street after police told him to quiet down.

A female resident of the block asked police to remove Hoes from her property. When Hoes continued to raise his voice, police arrested him.

An officer reported smelling alcohol on Hoes's breath.

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Attack on Evelyn: Foe challenges Bowles to take a stand

Republican Senate candidate Dave Tanzyus said his opponent, Sen. Evelyn Bowles, should go on record about the issues he said are important: crime, taxes, welfare reform, gun control and homosexual rights.

At a press conference Wednesday, Tanzyus, of Collinsville, challenged Bowles to state her positions.

Bowles said Tanzyus should be running for Congress instead of the state Legislature.

"All of those issues are being debated in depth at the federal level," she said.

"I'm sure whatever comes out of that debate will affect the legislation at the state level."

Tanzyus said he favors the death penalty for heinous crimes committed by adults and supports intervention programs such as boot camps for juvenile offenders. He also favors counseling for juveniles and adults who will need jobs to re-enter the community.

He said he has signed a no new taxes pledge and asked whether Bowles would do so.

"Everybody talks about welfare reform, but nobody does anything about it," he said.

"Everybody needs to provide public service and not just get something for nothing. That keeps people down and they lose self-respect."

He said welfare recipients should be gradually phased off of assistance programs and should not be able to "take the system for a ride." He said remedial home economics courses should be offered to teach welfare recipients how to pay bills responsibly.

He also called for public service by welfare recipients. Tanzyus said he is against gun control. "Criminals would still get guns. That's what criminals do: they break laws, and they will continue to break them."

He said he would vote against any legislation intended to grant special employment rights to homosexuals. "Statistics show the average homosexual couple has an income of \$50,000 a year. I can't see why they need any special rights in the area of employment."

Tanzyus said he wants to see more local control of how education dollars are spent and fewer mandates from the state.



Tanzyus Bowles

"I can see tax relief for senior citizens, but (the) property tax is a good stable revenue source for education," he said.

Tanzyus said he challenged Bowles to a public debate but she said no.

"If she's not going to debate, at least let's see something in print about how she stands on these issues," he said.

"People have a right to know because she's not really up for re-election. She's new."

Bowles was appointed in May to fill the seat of the late Sen. Sam M. Vadalabene.

Bowles said many of Tanzyus' ideas have been addressed in the

state. There are boot camps for juvenile offenders, she said. "This is something I feel is necessary and the legislation is already in place. He better catch up."

"I co-sponsored a bill that stipulated a time limit on welfare," Bowles said.

"Recipients will also be put to work so they can show responsibility."

"We passed a Medicaid bill that will be similar to an HMO, or managed care. The program will be overseen so the money spent will be used more efficiently."

She said the bill also suggests Medicaid recipients be issued a card similar to a credit card to more carefully track prescriptions and avoid duplication of the same prescription.

She called for change in the state tax system. "I have maintained for years that the burden should rest more on income tax than on property tax."

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She said, "In this session, we Democrats held fast until an additional \$12 million from gambling monies was made available for education in the

budget. "However, as a former teacher, I feel very strongly that we need to find some way to motivate students to want to be educated, to want to stay in school whether it is in vocational education or college. Not

everyone is an academical, and we need to provide a way for all of them to be educated."

Bowles declined to comment on Tanzyus' debate challenge.

— From the Alton Telegraph

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Youth leader — Sabrina Kumar of Granite City, a Granite City High School student, accepts a certificate from Jann Haskins, Belleville Area College director of admissions, at a program for the National Council on Youth Leadership, held recently at BAC. The 64 high school students who took part in the recognition ceremony were among 183 students from 15 high schools in the BAC district who were honored for their leadership skills. The students participated in a two-day workshop at BAC that included self-esteem building and leadership exercises. The event was sponsored by BAC, Magna Bank, the Suburban Journals and Cedarleaf Photography.

Sickle Cell Center opens

By Mike Viola
Staff writer

Opened for just the past two weeks, the new Sickle Cell Center at Touchette Regional Hospital in Centerville is already making a significant impact on local patients who suffer from sickle cell diseases.

"We're the only such program in the area," said Enone Collier, director of the Sickle Cell Center. "Before, people had to go over to St. Louis in order to receive treatment."

The Sickle Cell Center at

Touchette opened Aug. 22 and has already been used by sickle cell patients from communities including East St. Louis, Cahokia, Centerville, Washington Park and Belleville.

Collier described the center as primarily a maintenance program for local residents with sickle cell diseases.

"They (sickle cell patients) should be evaluated every two or three months to check on their condition," said Collier.

Sickle cell disease is an inherited blood disorder which causes red blood cells to change

from their usual round form to a crescent shape. The sickled cells become stuck in blood vessels, lose oxygen and cause pain and damage to tissues and vital organs.

The disease affects primarily African-Americans but also occurs in people of Hispanic and Mediterranean origin.

Patients who report to the unit receive a variety of lab tests which are then analyzed to determine if there is any sickling of red blood cells.

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Our mobile mammography unit is fully accredited by the American College of Radiology. Screenings are provided by female technologists specially trained in mammography. The cost per screening is \$60, which we will bill to your insurance company or Medicare. Here's our upcoming schedule:

Thursday, September 8, 9 a.m. to 3:30 p.m.
K-MART
7481 S. Lindbergh Boulevard

**Friday and Saturday, September 9 and 10
9 a.m. to 3:30 p.m.**
TARGET
5252 S. Lindbergh Boulevard

Monday, September 12, 9 a.m. to 3:30 p.m.
GRANDPA PIDGEON'S
2511 Lemay Road

Tuesday, September 13, 9 a.m. to 3:30 p.m.
ALDI'S
11158 S. Lindbergh Business Center

Thursday, September 15, 9 a.m. to 3:30 p.m.
WAL-MART
650 S. Truman (Festus)

Friday, September 16, 8 a.m. to 3:30 p.m.
ST. ANTHONY'S MEDICAL CENTER
10010 Kennerly Road

Saturday, September 17, 9 a.m. to 3:30 p.m.
PLAZA 21
Tesson Ferry & Baptist Church Road

Monday, September 19, 9 a.m. to 3:30 p.m.
WATSON PLAZA
9809-9815 Watson Road

Tuesday, September 20, 8 a.m. to 3:30 p.m.
ST. ANTHONY'S MEDICAL CENTER
10010 Kennerly Road

Thursday and Saturday, September 22, 9 a.m. to 3:30 p.m.
CITY OF ARNOLD
2101 Jeffco Boulevard

Friday, September 23, 9 a.m. to 3:30 p.m.
SAVE-A-LOT
400 West Main (Festus)

Saturday, September 24, 8 a.m. to 3:30 p.m.
ST. ANTHONY'S MEDICAL CENTER
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Monday, September 26, 9 a.m. to 3:30 p.m.
JEFFERSON COUNTY LIBRARY
Northwest Branch, 3033 High Ridge Blvd.

Tuesday, September 27, 9 a.m. to 3:30 p.m.
MEDICINE SHOPPE
8916 Gravois

Thursday, September 29, 9 a.m. to 3:30 p.m.
WAL-MART
740 N. Market (Waterloo, IL)

Friday, September 30, 8 a.m. to 3:30 p.m.
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10010 Kennerly Road

Call 525-1600 for an appointment.



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• **Heart Healthy Clinic, Fri., Sept. 9, 10 a.m. - noon.** Cholesterol (\$7) & Free Blood Pressure, at Lebanon Senior Services Program. Sponsored by: St. Elizabeth's Hospital, St. Clair County Health Department & Belleville College. For an appointment call the Lebanon Center at 537-6748.

• **10-Week Senior Aerobics, Sept. 13 - Nov. 17 (Tues. & Thurs.) 9-10 a.m.** Includes chair exercises & light aerobics. To register call extension 1575.

• **"Life Goes On" Support Group Meeting, Wed., Sept. 14, 6:30-8 p.m.** Guest speaker, Ruth Ann Grantham, will discuss Support Dogs, Inc., a canine training program which can help improve the lives of persons with disabilities. To register call extension 1519.

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Response Ryan blasts Quinn idea

Secretary of State George Ryan's campaign organization has issued a statement in response to a recent article in the *Journal* about a press conference held by State Treasurer Patrick Quinn in Collinsville.

Quinn, a Democrat, will oppose incumbent Ryan in the November election for secretary of state.

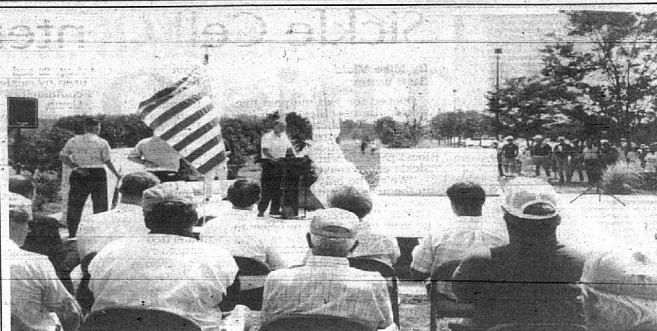
In the Collinsville press conference, Quinn contended he could cut more than \$1 million from the state budget by eliminating bodyguards for elected state officials.

He called Ryan one of the biggest abusers of the taxpayer-financed security detail, saying Ryan had run up a bodyguard tab in excess of \$1.3 million.

A statement issued by Citizens for Ryan said, "Quinn continues to make an issue of Ryan's security detail, yet never has he made an example of the several Democrats who also use security."

In the statement, Citizens for Ryan also suggests that if Quinn is concerned with saving the taxpayers money, he could refund the tax money he spent for a trip to Las Vegas, charging the state for airfare plus two nights in a hotel there.

The campaign organization also noted that Quinn has flown more than 50,000 miles on state aircraft, costing the taxpayers \$20,000.



Tribute to workers — Working men and women of the greater Madison County region were honored at the dedication of a workers' memorial in Gordon Moore Park in Alton last week. Here, Bob Daiber, a candidate for state representative in the 110th district, addresses the crowd.

Singles dance set

United Singles will sponsor an "All Singles Dance" at 8 p.m. Friday, Sept. 16, at the Fairview Heights Ramada Inn, Illinois 159 at Interstate 64. Non-member admission will cost \$5, with music provided by Bob Constantine, DJ.

Several singles groups will make short presentations about their single programs at 8 p.m., with the dance starting at 8:30 p.m. Call 466-4721 for more information.

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Dem Shimku

Republican Madison County Treasurer John Shimkus is expecting a defeat in the traditional Democratic primary election.

Shimkus, who was elected last month, received the backing of a state organization, announced Thursday. Democrats for Shimkus committee of past Democratic officials supporting him in the election against Democratic Mick Henkhaus in election.

"I've been told, suicide, but my job represents the wishes of the people of the County Board district," Shimkus said. "I'm doing what I'm doing." Board member Cl. Knott, a Granite City resident, and one of five for members of Dem. Shimkus.

The committee, Shimkus said, would fund-raising activities. Knott, Nameoki, Helen Hawkins, f.

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Democratic defectors Shimkus is wooing rebel Democrats

Republican Madison County Treasurer John Shimkus said he is expecting a defection of traditional Democrats to bolster his hybrid re-election drive.

Shimkus, who earlier this month received the official backing of a state labor organization, announced the formation Thursday of Democrats for Shimkus, a committee of past and current Democratic officeholders supporting him in his battle against Democratic challenger Mick Henkhaus in the November election.

"I've been told it's political suicide, but my job is to represent the wishes and interests of the people in my County Board district, and that's what I'm doing," said County Board member Charles "Tim" Knott, a Granite City Democrat and one of five founding members of Democrats for Shimkus.

The committee, which Shimkus said would stay out of fund-raising activities, includes Knott, Nameoki Township Clerk Helen Hawkins, former Venice

"I've been told it's political suicide, but my job is to represent the wishes and interests of the people in my County Board district, and that's what I'm doing."

— Charles Knott
Democrat

Alderman John Henry Williams, former Venice Township Collector Casey Krakowiecki and lifelong Democrat Bill Keibel.

"Just them doing this is very important to my campaign," Shimkus said. "Obviously in this county it takes a lot of courage to step out and above the fray of the masses and support who you think is the best candidate."

Henkhaus wasn't impressed. "If I had five Republicans voting for me, I don't think I'd have a press conference," said Henkhaus, who administers a safe driving course at Lewis and Clark Community College. He was treasurer for 12 years

until Shimkus defeated him in 1990, in part because of controversy over Henkhaus' fund-raising techniques and legal problems involving his sons.

Shimkus' re-election campaign received a boost last month with support from the American Federation of State, County and Municipal Employees' state organization. Labor union support is usually considered a sure thing for Democratic candidates, especially in Madison County, which is overwhelmingly Democratic.

At least two of the Democrats for Shimkus said the treasurer's clout with the Republican administration in Springfield



(Staff photo by SCOTT VUERZ)

Members of the Democrats for Shimkus Committee gather around the candidate, third from left, in Edwardsville on Thursday. Pictured, from left, are Tim Knott, Casey Krakowiecki, Shimkus, the Rev. John Henry Williams, Helen Hawkins and Bill Keibel.

"We had a lot of problems in helped obtain flood-relief money and assistance for victims of last summer's tragedy. My area because of the flood, and when I called John (Shimkus) to see if he could use his influence with the governor

to get us some help, he didn't hesitate or turn me down just because of my party affiliation," Hawkins said. Williams also said Shimkus helped get flood grants and loans OK'd for residents of Venice by the governor's office.

"I'm voting for the man, not the party. That's the way it should be done. I'm going to do everything I can to educate my people to support individuals like John (Shimkus) who work to help us," Williams said. — From the Alton Telegraph

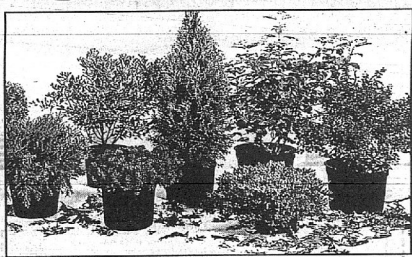
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This time of year is really for the birds. The live ones, that is. If you've been considering setting up a feeding station for them, now's a great time to start.

Like it or not, winter's getting closer and closer. And with summer's fading, berries, seeds, insects and other food sources become scarce. Birds are forced to find alternate sources of food. And that's where you come in.

There's more to feeding birds than tossing a scrap of bread out now and then. We'd like to point out a few hows, whens, whys and other facts about nourishing our feathered friends.

First of all, bird feeding is considered a responsibility. Once you start, the birds begin to rely on your generosity. They know where their next meal's coming from. If you suddenly cut the food supply off for any reason, they may not be able to find an alternate source fast enough, especially in winter. In other words, once you start feeding, you should continue to do so.

Naturally, circumstances can arise that can force you to cease feeding. If you must stop, try to do so gradually. This will give the birds time to find another food source. Also, it's better to stop feeding in the spring than it is in the winter, so if you can hold out and continue to feed at least until spring, so much the better.

Buy seed in large quantities and store it in clean, dry containers. Clean the feeder(s) occasionally and toss out any wet seed. During wet weather, put out only a small amount of seed. Wet seed can become moldy and actually harm birds. When the weather turns sour, you can revert back to the old "toss a piece of bread out for 'em." It's actually better than soggy, moldy seed.

The type of feed you set out can influence the bird species that will be attracted to your

feeder. Want to make this decision easier? Pick up some Frank's Wild Bird Food. It contains sunflower, something all wild birds love!

Here are a few different types of feeders available at Frank's.

Hopper. These hold large quantities of almost any type of seed and allow several birds to feed at one time. Hopper feeders can be suspended from a tree limb or mounted on a pole.

Tube. This type of feeder, usually hung from a tree limb, will attract small songbirds. Some models hold any seed mix, and others are designed for a specific type of seed such as thistle.

Window. The window feeder mounts directly on the outside of a pane of glass, allowing up-close viewing. It may take birds a bit longer to begin visiting this type of feeder, however.

Suet. These are wood or wire baskets used to hang suet from a tree or pole. Use to attract woodpeckers, nuthatches and other bug-eaters.

In addition, plants can provide birds with food, cover and nesting. A diversity of plants can attract a truly wide variety of birds. We'll get into that and more bird-feeding info in Sunday's Journal.

Shop any of these ten convenient Frank's locations

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Bridgeton - 12253 St. Charles Rock Rd.
(314) 299-7667
Overland - 8901 Page
(314) 429-1555
North County - 11015 Old Halls Ferry
(314) 355-8534
Kirkwood - 1135 S. Kirkwood
(314) 821-8868
St. Louis - 4650 Lansdowne
(314) 351-4010
Shrewsbury - 125 Kenrick Plaza Dr.
(314) 962-8878
Fairview Hts. - 110 Commerce Lane
(618) 397-1251



(Rick Graefe photo)

Miesha Watkins, 12, selected dozens of winners from among the correct entries in the *Suburban Journals' Colossal Classified Contest*.

Winners are selected in classified contest

The drawings have taken place, and dozens of people will receive prizes in the *Suburban Journals' Colossal Classified Contest*. The Colossal Classified winners were selected at random from among hundreds of entries that contained the correct answers to a 12-question trivia contest.

Janet Foster is the grand-prize winner. She receives a five-night cruise for two aboard the Delta Queen steamboat, courtesy of the Delta Queen Steamboat Co.

Kathy Mayor won the first prize, a 35-inch big-screen color television, courtesy of Jim McEwen TV and Appliance.

Winners of two tickets each to Six Flags are: Dorothy Clutts, Marcia Shoney, Linda Meyer, Linda Rasch, John Mondwiller, Jane Dunn, Mary Iannicola, Victoria Brown, Jean Reilly, Barbara Boothe, Brad Reed, Virginia Stinson, Babs Bogardus, Naomi Lorene Runtz, G.N. Wyas, Esther Koenig.

Cynthia Carlton, Patty Hughes, Ellen Dunham, James Wyas, Tom Hoban, Judy McPeters, Richard Beers, Verna Hennen, Lynn Krueger, Anne Sheehan, Kathy McFarlin, P.E. Glandt, Annette Williams, Maybeth Wienhold, Gary DeBlois, Dave Reed, Janet Morris, Gene Krus, Chris Giuffa.

Lawrence Flowers, Mrs. A. Koenig, John Maurer Sr., Alan Freund, Arlene Kirsain, Donna Gibbar, Becky Chatman, Ida Baxter, Angie Barr, Don Rapier, Corne Sweeney, Linda Jekerst, Oliver Fischer, Arlene Hall and Betty Montgomery.

Winners of a large Zito's Pizza are: Amy Hodson, Richard Edwards, Mary Jones, Vannelle Wingrove, Sandra Smith, Patty Tisius, Frances Jost, Marilyn Hensake, Dorothy Seuret, Angela Costa, Sally Benson, Joan Frazee, Lee Mariane, Jerry Mangle, Raymond Davis, Thomas Gohn, Marvin Ackman, Patricia Jackson, Susan Oster, Ethel Hutson, Lillie Gipson.

Geraldine Gilberg, Barbara Snodgrass, Jeanne Simpson, Jacqueline Marzain, Jan Williamson, Nancy Freudergast, Barbara Tourville, Rudy Saltzman, Mary Gagliano, Dean Young, Nancy LoRusso, Terri Dennis, Lorene Divinity, Linda Makler, Kathleen McDaniels, Bernice Kenkel, Issue Grey, Ellen Ray, Lynn Sismura.

Barbara Smith, Susan Oster, Rita Hawkins, Donna Sherrill, Pat Mink, Jayne Stuart, Karen DuBach, Angie Barr, Verna Hennen, Jean Blinne, Jean Hampel, Gilbert Bauman, Maureen Vobell, Josef Cappaun, June Smith, Mr. Novak, Ben Granter, Jerry Henders, Valerie Robinson, Darlene Skaggs, Jean Kildea, C.B. Paris, Joyce Zesch; Ester Sisak, Gertrude Radenmacher, William Holland, Wayne Hauschild, Deb Ernst, Dorothy Muscott, Norma Birchfield, Roy Morisaki, Mareanna Martin, Shirley Baczanas, Loraine Phillips, Roberta Blanner, Ruth Walsh, Wayne McCollom, Richard Wendt Jr., Brenda Schubert, Dorothy Elliott.

Sharon Bowsher, Tony Markovich, Annette Mintz, Michelle James, Kathleen Pierce, Deanna Moenster, Steve Grote, Roy Morisaki, Everett Klocke, Judy Gasper, William Kozlowski, Jackie Duffey, Susan Yamniz, Roberto Tolpen, Helen Gordon, Betty Montgomery, Janice Mitchell, Debbie Davis, Laura Guenther and Mildred Finke.

All winners will be notified by mail and receive their prizes by Sept. 16. No phone calls, please.

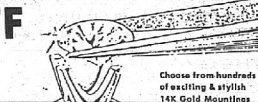
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WEDNESDAY, AUGUST 21st

8020 Olive Street Rd., University, MO (314)991-3783

THURSDAY, AUGUST 22nd

16223 Lewis & Clark Blvd., Ballwin/Inglewood, MO (314)667-8028

FRIDAY, SEPTEMBER 2nd

11800 St. Charles Rock Rd., Bridgeton, MO (314)739-4521

SATURDAY, SEPTEMBER 3rd

1352 North St., St. Charles, MO (314) 928-2744 (314) 940-2313

TUESDAY, SEPTEMBER 6th

849 Jellco Blvd., Arnold, MO (314)296-0808

WEDNESDAY, SEPTEMBER 7th

2611 Lemay Ferry Rd., Lemay, MO (314)894-0801

THURSDAY, SEPTEMBER 8th

2077 Chippawa Ave., Shrewsbury, MO (314)781-9219

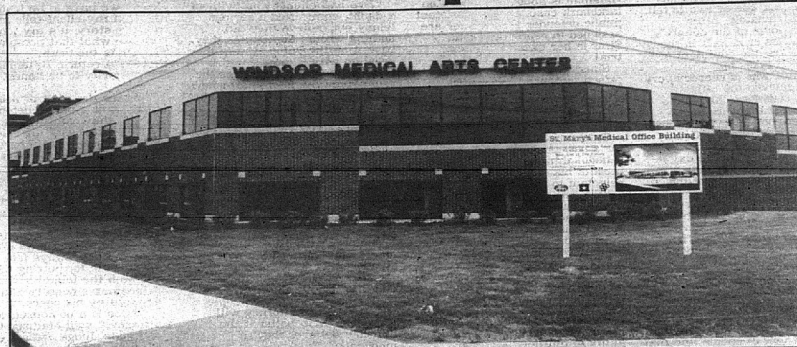
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2801 N. Illinois, Swansea, IL (618)235-9390 (314)231-6502

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Grand Opening!



You're invited!

We will open the doors of the new Windsor Medical Arts Building for a public celebration on **Saturday, September 17th from 10a.m. to 5p.m.**

We'll offer tours of the new building and the Hospital, free health screenings, prizes and refreshments.

The Windsor Medical Arts Center Health Care Team

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The Olde-Tyme Optical Shoppe
Medicate Pharmacy
Dr. Carla Lewis, Dental Care
Dr. Maria Cabal, Pediatrics
Dr. V. Jose Thomas, Psychiatry
Dr. Philip Dennis, Psychiatry
Dr. George Sumner, Psychiatry

The Catherine Kasper Center
Dr. Melvin Burton, Internal Medicine
Dr. Sid Neor, Family Practice
Dr. Christian Weigel, Internal Medicine
Dr. Nancy Weigel, Family Practice

The Complete Health Center
Dr. Alphonse Beauboeuf, Internal Medicine
Dr. Sid Neor, Family Practice
Dr. Michael Slaughter, Internal Medicine
Dr. John Spencer Archinhu, Family Practice
Dr. Robert Proffert, Urology
Dr. Eric Washington, Orthopedics
Dr. Mack McCain, Gastroenterology
Dr. Eric Pitts, Dermatology
Dr. Wendell Williams, Cardiology
Dr. William Southworth, Cardiology
Dr. Jean-Claude Jacob, Surgery
Dr. Barry Barnes, Surgery

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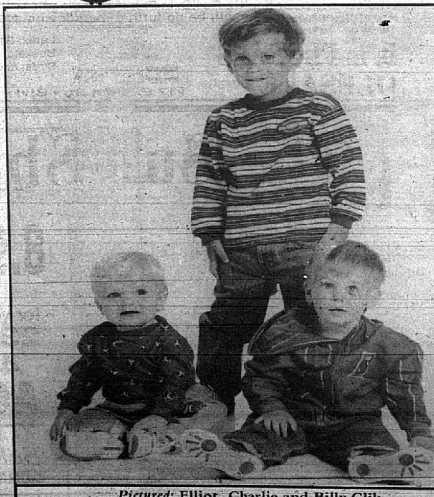
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Pictured: Elliot, Charlie and Billy Glik

Com Public

Tyler Bateman, an interesting tale. But unfortunately, defending some of the most ruthless criminals in the past 18 years, the accused takes professional vow seriously.

"I definitely have interesting clients," Bateman, who is 14th year as a Missouri assistant public defender, much enthusiasm started. "But he's safe with me. It's a job."

Bateman, who about his age as cases, started his 1979 with a St. Louis. After two years in the sector, he found a public defense.

"I'm hooked," Bateman said. "I regret to try cases, don't have to sit day long. Plus, I make a wide variety of makes the work interesting."

Bateman has accomplished what attorneys consider "Most people in practice have never murder case," so who lives alone in tried at least 50, three or four a year enough to keep busy."

The courtroom Bateman's second "I like trials," were given my rather try more do."

With more than defending alleged killers, rapists and

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Confidant of the accused

Public defender stresses honesty with his clients

Tyler Bateman probably has an interesting tale or two to tell. But unfortunately, after defending some of the county's most ruthless criminals in the past 18 years, the confidant of the accused takes his professional vow of secrecy very seriously.

"I definitely have had some interesting clients," said Bateman, who is serving in his 14th year as a Madison County assistant public defender with as much enthusiasm as the day he started. "But their secrets are safe with me. It's part of the job."

Bateman, who is as secretive about his age as he is with his cases, started his legal career in 1976 with a St. Louis law firm. After two years in the private sector, he found his niche in public defense.

"I'm hooked," the Indiana native said. "I really enjoy it. I get to try cases, which means I don't have to sit in an office all day long. Plus, I get to deal with a wide variety of people and that makes the work more interesting."

Bateman has already accomplished what most defense attorneys consider a career goal. "Most people in private practice have never tried a murder case," said Bateman, who lives alone in Alton. "I've tried at least 50. That's about three or four a year and that's enough to keep one person busy."

The courtroom has become Bateman's second home. "I like trials," he said. "If I were given my druthers, I would rather try more cases than I do."

With more than a decade of defending alleged cold-blooded killers, rapists and robbers,

Bateman is about to embark on landmark case. He and assistant public defender Ron Steiner are assigned to represent Paula Sims in her quest for a new trial.

Sims, who is serving a life prison sentence for the 1989 murder of her 6-week-old daughter, Heather, is attempting to have her conviction and sentence set aside.

Bateman will argue her right for a new trial in a hearing scheduled in September. Like most of his cases, Bateman is reluctant to share any details.

"We will represent her to the best of our ability," he said. "That's about all I'm willing to say at this point."

The Sims assignment comes on the heels of another highly publicized case involving a 19-year-old Wood River man who pleaded guilty to murdering his girlfriend's 2-year-old son in August 1993.

Bateman represented Keith Bennett, who recently pleaded guilty to murdering the boy, Michael Cecil, in exchange for a life prison sentence.

"The client always has to decide to take an offer," he said. "Felony cases are a lot like civil cases. Most of them are settled. The only difference in civil is you're usually talking about money. In criminal, you're talking about prison time."

The internal conflicts of representing a defendant, who turns out to be guilty, is something Bateman ironed out years ago.

"Everyone has rights," he said. "And the fact that someone killed a person does not necessarily mean they are a murderer. Some clients feel like they were justified for doing what they did."

"I've had clients who, without a doubt, committed a serious felony but believe they did nothing wrong. Sometimes they base it on the value system they grew up with."

Bateman said he believes the role played by defense attorneys has helped make society a safer place to live.

"I think the fact that all criminals have a right to representation has increased the effectiveness of the entire legal system," he said. "Police agencies are better trained today than they were 30 years ago. They're better at solving crimes and they're determined to make a good case in the event it does go to court."

The biggest hurdle Bateman has to overcome with a new client is getting to the truth.

"It's very important for a client to tell me the truth," he said. "There are some people who believe an attorney will represent them better if the attorney believes they're innocent."

"If clients tell me they committed a murder, I just won't put them on the witness stand. But, I need to know the truth. If our system is going to

work, we have to be truthful. Even if my client tells me the wildest story, it's my job to believe what that person is saying is the truth."

And in return, Bateman makes it a priority to be honest with his clients.

"There are a lot of people who don't want a public defender, even if they can't afford a private attorney," he said. "The general public has a hard time determining who the good lawyers are."

"I think it's an attitude people are brought up with. All attorneys have the unfortunate job of telling their clients things they don't want to hear."

Often times clients are more accepting of bad news if they paid for it. I always feel responsible for putting all the cards on the table."

Bateman's honesty is a trait admired by his peers.

"Tyler is a no-nonsense attorney," said Madison County Associate Judge J. Lawrence Keshner. "He has one of the most frank rapport with clients. He tells them the way it is, not what they want to hear, but the true facts of life."

From the Alton Telegraph

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Membership not limited to St. Clair County residents

St. Clair County Health Improvement Association

4 S. Church St., Rm. 216, Belleville Senior citizens frequently have questions regarding their Medicare and supplemental insurance papers. The HIA provides one-on-one assistance.



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Includes children up to age 21	\$300.00	\$50.00 down \$25.00 Month
Single Parent Family		

Welcome to our new physicians

Two obstetricians have joined the experienced staffs of Southern Illinois Healthcare Foundation and Touchette Regional Hospital. Dr. Ballinger has returned to the Metro East and Dr. Ekwulugo has joined us from Ohio.

They will practice at the Mother and Child Center when it opens in late September. The doctors are currently seeing patients at Southern Illinois Healthcare Foundation's office in the hospital. In addition, Dr. Ballinger has offices at Southern Illinois Healthcare's locations in East St. Louis (271-9191) and Brooklyn (482-8008).



Dr. Darrell Ballinger



Dr. Emeke Ekwulugo

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(Continued from Page 1A)



Memorials are requested for the Hospice of Madison County.

Memorials are requested for the
Central Institute for the Deaf.

Shirley Hoffman

Valeta Verbeck
Valeta (Baker) Verbeck, 85, of

Memorials are requested for the Hospice of Madison county or the Collinsville Care Center.

Alderman Craig Tarpoft asked if businesses which currently have licenses to sell alcohol by the drink, but are within 300 feet of a school, church or hospital, would be allowed to apply for a license to sell package liquor. City Attorney Leo Konzen said that such a business could not be granted a package liquor license.

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Service time is pending for today at Irwin Chapel, 3960 Maryville Road, Granite City, 931-8000.

Jeffrey Stafford

Born April 10, 1955, in East St. Louis, he was a custodian with the Granite City Post Office for 11 years and a member of Calvary Baptist Church in Granite City and the Bell Club, where he was president.

• Festival

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First day back at school...

Students at Lake School in Granite City were greeted with Hawaiian leis on their first day back. Teachers dressed in colorful outfits and students were given fruit cocktail before going to classes.

In top left photo, PTA volunteer Marie Wille, left, puts a lei around Danita Watkins. In bottom left photo, new friends James Dortch, left, and Dustin Murphy play with blocks in kindergarten class. At right, kindergarten student Ashley Cerkin works on a puzzle during her first day at school.



FACES IN THE CROWD

(Staff photos by PAM DOEPKE-HURD)



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Sunset Hills Country Club, Edwardsville, Ill.
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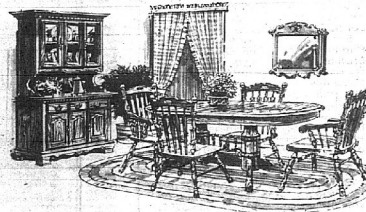
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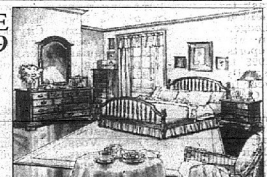
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Farmers say new transport law is a tough row to hoe

Farmers say they can't make hay while the sun shines if they have to call the state for a permit every time their equipment breaks down.

At a public hearing in Edwardsville Tuesday, the state's Senate Transportation Committee heard a dim view of a new implement-transport law from farmers, equipment dealers and others.

The law passed last year will require farmers and equipment dealers to get permits from the Illinois Department of Transportation and pay fees ranging from \$25 to \$125 before they can transport farm implements more than 12 feet wide.

Complaints from the Illinois Farm Bureau, the Illinois Farm Implement Dealers and farmers prompted the Illinois Legislature to delay the permits provision until Jan. 1 to allow time for study.

After long discussion Tuesday, committee members proposed a Senate joint resolution calling on IDOT, the State Police and units of local government to study the number of accidents involving transported farm equipment.

The resolution calls for a report of the study to the General Assembly no later than June 1.

Sen. Beverly Fawell, R-Glen Ellyn, chairman of the Transportation Committee, said no one opposed the bill when it was passed in 1993. "Every farmer in the Legislature voted for it,"

"I can hardly believe I voted for this," said Sen. William O'Daniel, D-Mount Vernon, who has been a farmer.

"How do you think I feel?" asked Rep. Ron Stephens, R-Troy. "I was the sponsor. (Legislators) wouldn't intentionally do something harmful to the industry."

Stephens said the Illinois Farm Implement Dealers alerted IDOT to the furor to come.

Rep. William Black, R-Danville, said the bill had slipped through the House with the disclaimer that it had been reviewed by several state offices and farm groups, none of whom objected to it. He noted every member of the House voted for it.

"The record clearly shows that it was Rep. Stephens who convened a meeting and took action to delay the bill's effective date. This was not for political purposes, but because we needed time to look at what we'd done and how we could fix it."

It will be up to the Illinois State Police to enforce the law on the roads.

Jim Finley, chief of governmental affairs for the State Police, said the goal of the new rules is to improve safety. But a farmer from Marine said he had been a volunteer fire fighter for 30 years and couldn't recall a single accident involving a wide load.

"Nowadays you can drive a car, be engaged in sex, drink a Pepsi, listen to the stereo and talk to Mom on the phone all at the same time, and I don't think there's any law against that," he said.

Most of the farmers voiced objections about the inconvenience of having to call IDOT when needing to move equipment, fees for obtaining permits, and the delay involved if equipment breaks down in the midst of planting or harvesting.

"I don't think the police fully understand what they've done to us," said Bruce Dorsey of Moro, one of several farmers who testified. "Most of us have equipment—sometimes we have to move it five times a day or more. It's much better to haul it than drive it. Do they have enough troopers to give every one of us help as many as five times a day?"



Weighing in — Rosemarie Brown, left, president of the Granite City Rotary Club, and husband Dan Brown, chairman of the Rotary Community Development Committee, were two Granite City Rotary members who assisted with school physicals at Marshall Elementary School last week. St. Elizabeth Medical Center's Koch Family Health Center sponsored the clinic. In addition to assisting with physicals, the Rotary Club donated \$1,500 for immunizations for children who could not otherwise afford them.

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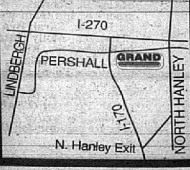
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Dauba
ready t

Last March, a spring training of Belleville, he was good place in the New York. After three one shorted. Brian had s. A. Still, the former Bel. St. Lacle in State League.

A CATCH in high school, left-handed, first baseman and, according to mine who n Florida, "r. He was impressive. J. Mark Fe watched a Daytona B affiliate.

After 109 only had a batting average runs batted (28), second home runs scored (48). His on-base was aided. Always added speed stolen bases posted a 6. "He pop 4 with a sl out," said Daubach "base." Will Da Double A steps from In addition his .291 av hitting .26.

EXTRA Mon-Clair double-eli at Longac Heights d from M-C. "Our on just our Patton sal series. "If we e night, it e make a te two days Granite to Waterl Buds in the Sunday. In one e rallied for inning to "I've n Blackledg manager former M Potthast

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FOOT regardi games v high bo Norm T Toenj team of girls in Belleville group to compet. Mem Lindsey Casey L Natalie Carpent Burch, Tiffany (Art and soc High S twice-w Journal.

BOWLING

Scores from Granite Bowl.

Page 2B



Art Voellinger

Daubach could be ready to move up

Last March, prior to baseball's spring training, Brian Daubach of Belleville told me he thought he was good enough to earn a place in the Class AA level of the New York Mets organization. After three seasons, including one shortened by a knee injury, Brian had seen enough of Class A. Still, the Mets assigned the former Belleville West slugger to St. Lucie in the Class A Florida State League.

A CATCHER/FIRST baseman in high school, the left-handed hitting Daubach is a first baseman with St. Lucie, and, according to a friend of mine who recently visited Florida, "ready to advance."

"He was by far the most impressive player I saw," said Mark Fells of Belleville, who watched a game against Daytona Beach, a Chicago Cubs affiliate. After 109 games, Daubach not only had a team-high .291 batting average, but was first in runs batted in (67) and doubles (28), second in hits (110) and home runs (6) and third in runs scored (40).

His on-base percentage of .378 was aided by 49 base-on-balls. Always a power hitter, he has added speed to his assets with 13 stolen bases after his team had posted a 63-53 record.

"He popped the ball, was 1 for 4 with a single and two long fly outs," said Fells, who also said Daubach "was smooth at first base."

Will Daubach be promoted to Double A next season, just two steps from the major leagues? In addition to power potential, his .291 average for a team hitting .266 has to be a boost.

EXTRA INNINGS: The recent Mon-Clair League double-elimination playoff finals at Longacre Park in Fairview Heights drew nothing but praise from M-C president Mel Patton. "Our only mistake was playing just one game on Friday night," Patton said of the Aug. 12-14 series.

"If we play two on the first night, it eliminates having to make a team play five games in two days as Granite City did."

Granite City lost in the finals to Waterloo after defeating the Buds in the first of two on Sunday.

In one of the games, Waterloo rallied for six runs in the last inning to edge East Alton, 9-7.

"I've never seen Jim Blackledge (East Alton manager) so dejected," said former M-C manager J.R. Potthast of Highland.

"IT WAS JUST an example of the exciting baseball our league has to offer," said Patton.

Waterloo's playoff title prevented a third straight overall crown for Granite City.

"We're the only team to win three straight," said Waterloo manager Vern Moehrs, whose Buds also won a record 13th consecutive divisional title in '94.

In its 4-1 playoff victory, Waterloo spoiled the M-C debut of O'Fallon left-handed pitcher Don O'Keefe, who was as impressive as he was during the high school and American Legion seasons.

Of an opposite-field home run by the Buds' Jim Wahlig, O'Keefe said, "I still don't know how he did it, and he did it with one hand."

That's nothing unusual for Wahlig, a five-time all-star MVP who will be recognized with other award winners at the M-C banquet Nov. 12 in Millstadt.

FOOTNOTE: An "Ope" here regarding the '94 Prairie State games was a salute to O'Fallon High boys basketball coach Norm Toenjes.

Toenjes not only entered a team of fifth- and sixth-grade girls in an AIAU tournament in Belleville, but coached the same group to a 2-2 record in PSG competition in Iowa.

Members of the team were: Lindsey Range, Sarah Braver, Casey Dietrich, Molly Hutchins, Natalia Klopner, Kim Carpenter, Katie Hopkins, Becky Burch, Lauren Toenjes and Tiffany Toenjes.

(Art Voellinger is the baseball and soccer coach at O'Fallon High School. He writes a twice-weekly column for the Journal.)

Petroski, Warriors outgun Griffins

Striker buries winning shot in 1-0 victory over Vianney

By Tony Panozzo
Staff writer

Shawn Petroski used his left leg to get Granite City off on the right foot Saturday with an early second-half goal that lifted the Warriors to a thrilling 1-0 victory over Vianney at The Gauntlet.

Petroski's left-footed goal came at the 40:35 mark, just 25 seconds into the second half. The play proved to be the turning point after the two teams played a scoreless first half, and the Warriors held on for the shutout to outlast the Golden Griffins and post their first major win of the season over one of the St. Louis area's premier programs.

IT WAS GRANITE City's first win against Vianney since 1990, the year the Warriors won the Tournament of Champions — and later, the Illinois state title.

"It's a big win," GCHS coach Gene Baker said. "They're a very good team and they'll be in the thick of it all year."

Petroski scored a fabulous goal. That was a big one-on-one play. He took on three players, I guess.

Petroski, who has scored in all three of Granite City's games this season, got his first goal going once again Saturday with his fourth goal in the opening

Granite City 1, Vianney 0	
VIANNEY	0 0 0
GRANITE CITY	0 1 1
First Half	
No scoring.	
Second Half	
GRANITE CITY — Shawn Petroski (unassisted), 40:35.	
SHOTS — Granite City 14, Vianney 7.	
CORNER KICKS — Granite City 4, Vianney 4.	
SAVES — Granite City 7, Vianney 4.	

minute of the second half.

The senior striker beat two defenders just across midfield and found his way to the left end of the penalty box, where he outmaneuvered a third player.

Vianney's Scott Vogel before rifling a 15-yard blast into the right corner of the net.

For Petroski, who had made his way through Vianney's defense on several earlier occasions, the play was just one of several opportunities to score.

The unassisted goal set off a brief celebration and turned out to be the only scoring of the night.

"I WAS JUST trying to get a shot," Petroski said. "As soon as I got past (Vogel) I let it go. It's a big (win) for us."

In more ways than one, although play was even and both



GCHS striker Shawn Petroski (middle) scored his fourth goal of the season in Saturday's 1-0 victory over Vianney.

teams had a number of scoring opportunities throughout the contest, the Warriors dodged a huge bullet in the second half when Vianney was awarded a penalty kick following a questionable call in the box.

With 18:16 remaining and the Warriors clinging to a one-goal

lead, Vianney forward John Stika went up for a head ball near the net and drew a foul on the play. Forward Chad Basler lined up for the ensuing penalty kick against Warrior goalkeeper Mike Bristol.

Bristol got a hand on Basler's shot, which then grazed the right

end of the crossbar before rebounding dangerously in front of the net. But Bristol made another save to end the threat.

"I WAS HOPING I'd save it," because if they scored I knew it would be tough for us to come back. (See WARRIORS, Page 3B)

JV kickers blank Griffins in opener

By Tony Panozzo
Staff writer

The Warrior junior varsity soccer team gave the varsity squad something to live up to Saturday when it defeated Vianney 1-0 in the first of two shutout victories for GCHS at The Gauntlet.

The JV squad remained undefeated on the season and raised its record to 2-0-1. The Warriors held on for the win after surviving an offensive barrage by Vianney in the second half.

Two goalkeepers, freshman Jeremy Smith and sophomore Alex Bausch, combined for the shutout. Smith played the second half and made 10 saves. The Griffins had several shots rebound off the post and crossbar during the final 40 minutes.

"HE MADE SOME excellent saves," GCHS JV coach Virgil Kirksey said. "He saved at least three goals. They had three forwards up for most of the game and four at the end."

"It was a good win. We're real happy with it."

The Warriors got on the board with 15 minutes remaining in the first half when junior Buddy Prazma scored off an assist from junior Jared Embick. Granite City's defense took care of the rest.

Kirksey said Vianney's JV team is coming off an undefeated season. The Warriors have 10 freshmen on this year's squad, and three of them began.

The Warriors started the year (See JV, Page 3B)



Freshman Melissa Smith fared well in her first varsity action last week with the Lady Warriors.

Lady Warrior netters swept in first match

By Rob Raphael
Correspondent

With a young and inexperienced squad, Granite City girls tennis coach Linda Ames was looking forward to opening the season against a school with a similar talent level.

But last Tuesday's match against Triad was rained out, and instead the Lady Warriors opened their season Wednesday against powerful O'Fallon. The Panthers breezed to a 7-0 victory.

Ames and the Lady Warriors, however, realize that the two teams play at a different level. "There is just no comparison," Ames said. "O'Fallon is at the

same level of the Belleville schools, and in fact the two cities are so close many use the same facilities and play each other on a regular basis. Playing against that type of talent raises your game that much more."

AMES LIKED THE effort the Lady Warriors exhibited, and she was pleasantly surprised by the play of freshman Melissa Smith.

"For her first organized match ever, she played extra well," Ames said. "With time she will be a real asset for this team."

The No. 1 singles match featured Granite City's Marci Hollinger against O'Fallon's top player, Jennifer Willis. (See NETTERS, Page 2B)

Highland holds off GCHS spikers in three-set victory

By Rob Raphael
Correspondent

Riding the emotional high of a comeback win at Civic Memorial last Thursday was not enough to propel the Lady Warriors on Friday.

Granite City hung tough for two games against Highland, then fell apart as the Lady Bulldogs spoiled the Lady Warriors' home opener 15-9, 14-16, 15-2.

"We had the momentum in the third game, then got a missed serve and handed it back to them," Granite City coach Cindy Gagich said. "We didn't fight through the whole game, and

you can't let up like that. It takes 100 percent for the whole game."

GAGICH CITED SEVERAL reasons why the Lady Warriors struggled Friday. She said the team as a whole was out of position defensively and had a tough time receiving serves.

Another problem for Granite City was play at the net. Jennifer Willis, who recorded 14 kills at Civic Memorial, was held to just five against Highland.

"Jennifer's muscle problems were acting up on her, she is still not 100 percent," Gagich said. (See SPIKERS, Page 5B)

First-year coach Strange to lead young Bearcats

By Scott Marlon
Staff writer

The McKendree College men's soccer team has a new coach — and a new look.

Tim Strange, 27, takes over the team after serving three years as an assistant coach. He inherits a squad which was 7-10 in Gene Johnson's only season as head coach.

"I WENT TO Rosary High School (in St. Louis) and graduated from St. Louis University in 1990," Strange said. "I took a position at McKendree as an admissions counselor. I did a lot of recruiting with Andy Waite (who coached the team for three years) and Gene. This year, Gene and I did it together."

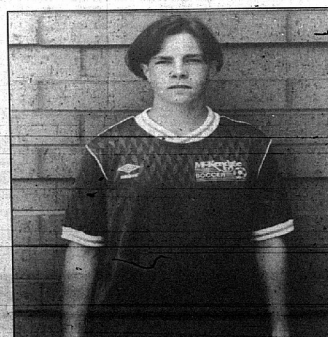
The Bearcats opened the season with a 3-2 win over Parks

College on Aug. 28 and also played well plus scrimmages against Greenville College, Principia College and the McKendree alumni.

"Last year, we had a problem with scoring, but this year we've had at least three goals in every game," Strange said. "These guys are used to playing a run-and-gun game. But we're playing a more controlled style and they're starting to pick it up. By the end of the season, I hope they'll have it mastered."

After losing eight seniors from last year's team, Strange is counting on a nucleus of returning players, plus several junior transfers and a solid freshman group. Bearcats veterans include:

— SENIOR MIDFIELDER (See BEARCATS, Page 2B)



Sean Lakatos



Jason Mathepia

BASEMENT
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34

Spikers

(Continued from Page 1B)

said, "I used Jill Wozniak for Jennifer in the back row, and Stephanie Brandt and Ann Rosenberg got some playing time in the front row as well."

"These girls did a good job, but we were without our big gun for a lot of the match. We also had trouble scoring even when Jennifer was in there."

Gagich said the team made a lot of forced errors, but many were unforgotten as well. She added her team made several young mistakes, which is to be expected.

"I played Amy Tapp at outside hitter to try and raise our play at the net," Gagich said. "Stephanie and Amy both have some height and ability, they're just young. What will help them is added experience."

Even though the Lady Warriors won their opener, their serving was not outstanding and it showed again Friday night.

"We have to be more consistent in that department," Gagich said. "It seemed Friday that when our setters were serving, the team picked it up a notch; kind of a renewed spirit."

On the positive side, Gagich said Julie Bohnenstiel was the most consistent player on serve receives.

Gagich also said Erica Alsop turned in some strong defense Friday night, including two clutch digs in the second game to help the Lady Warriors force a third game.

Granite City will have a week off to practice, as today's game against Edwardsville will not be played, due to the teachers' strike. That should give Willis time to fully heal, and senior Kellie Dellamano was to return Monday from her ankle injury.

The next scheduled match for the Lady Warriors is Sept. 13 against Southwestern Conference foe Belleville East.

In other action Friday night, the Granite City junior varsity squad picked up its first win of the season under coach Ruth Layton. The JV team defeated the Lady Bulldogs 11-15, 15-5, 15-7, and improved to 1-1.

The freshman team lost to Highland 11-15, 6-15, although Gagich said the team played a much better match than it did Thursday at Civic Memorial.

Netters

(Continued from Page 1B)

gun, Monica Robinson. Robinson swept the match 6-0, 6-0.

Gegta Kumar dropped her match against the Panthers' Christina Strobel 2-6, 0-6 in the second singles spot, and Wendy Atkinson lost to Dana Stout 0-6, 1-6. Smith won the only set of the day for Granite City, but lost to Jennifer Hobbs 3-6, 7-6 (4-6) and 3-6.

In doubles play, Sabina Kumar and Chris Oberholer lost to the O'Fallon team of sisters Julie and Stephanie Beckman 0-6, 0-6. Liz Brooks and Amy Boring dropped the second doubles match against Danielle Perkins and Jenny Rosen 0-6, 1-6, and Erica Cain and Heather Hounstetter finished the scoring by dropping the third doubles match to Jennifer Blow and Laurie Sanders 2-6, 0-6.

Ames said she was not disappointed with the Lady Warriors' efforts.

"You can't really judge their performance against a club like O'Fallon," Ames said.

With the Triad rainout and a forfeit win over Edwardsville last Friday, the Lady Warriors are now 1-1. Granite City was scheduled to take on Belleville West on Tuesday night.

"They are the toughest of the Belleville teams, and one of the best teams around, period," Ames said of the Maroons. "The levels of play are so different, it will be hard to judge where we are."

"It's not the way I really wanted to start the season, but our attitude hasn't changed. We want to come out and play our best each match."

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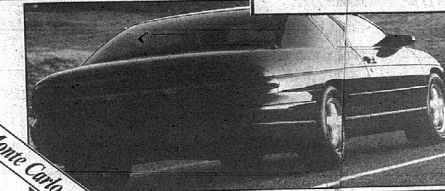
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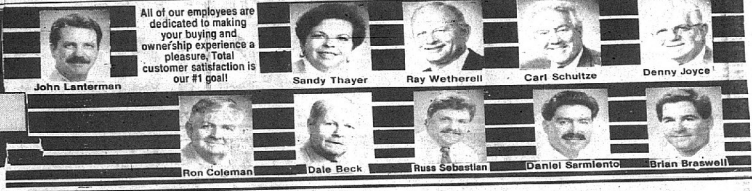


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Military

Luis Sanjurjo-Aguirre
Air Force Airman Luis A. Sanjurjo-Aguirre has graduated from Air Force basic training at Lackland Air Force Base in San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization and customs, and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Sanjurjo-Aguirre is the son of Shannon A. and Alba L. Walsh of Granite City. He is a 1990 graduate of Granite City High School.

James Haynes
Marine Corporal James S. Haynes, son of Mary B. Haynes

Writers Club beginning its 9th year

The East St. Louis-based Eugene B. Redmond Writers Club begins its ninth year of providing workshops, events, and meetings, as well as other literary services to the community on Sept. 6. The club's twice monthly meetings are conducted in Room 208 of State Community College, 601 J.R. Thompson Drive, East St. Louis, at 6:30 p.m. on the first and third Tuesdays of the month.

The club is also co-publisher of *Drumvoices Revue*, a multicultural literary magazine, with the department of English language and literature of Southern Illinois University at Edwardsville. The club is named for SIUE English Professor Eugene Redmond, who is poet laureate of East St. Louis.

According to Redmond, the club sponsors several events, including a Kwanzaa celebration, a black history literature program, and co-sponsors, along with the SIUE English department, the annual reading series, "We work from an Afro-centric and multicultural literary viewpoint," Redmond said.

The president of the club is Darlene Roy, an administrator with the Illinois Department of Public Aid. She is a member of the club's board of directors along with Redmond, Dallas Browne, an SIUE anthropology professor, and others. The club's board of trustees includes celebrated writers such as Margaret Walker Alexander, Amiri Baraka (formerly LeRoi Jones), Maya Angelou and Gwen-dolyn Brooks.

of Madison, recently received a meritorious merit.

Haynes was cited for outstanding service while assigned with First Battalion, First Marines, First Marine Division, Marine Corps Base, Camp Pendleton, Calif.

A meritorious merit is an official recognition from a Marine's commanding officer for superior individual performance. It is issued in the form of a bulletin published throughout the command, and a copy is entered in the Marine's permanent service record.

The 1990 graduate of Edwardsville High School joined the Marine Corps in November 1990.

Derrick Kingsley
Derrick Kingsley, a second-class midshipman at the United States Naval Academy, recently

finished among the top competitors in the National Rifle Association Collegiate Pistol Shooting Championships held at the National Olympic Training Center in Colorado Springs, Colo.

Kingsley visited his home in Granite City during the months of July and August before returning to Annapolis, Ind., to begin his third year of college. He is majoring in mechanical engineering.

This summer, Kingsley embarked on the nuclear missile cruiser USS South Carolina for a four-week cruise out of Norfolk,

a, and Florida, and one week of submarine training at Kingsley, Ga., to obtain a hands-on experience of the various career opportunities that the Navy offers.

Charles Sartelle
Javy Senior Chief Petty Officer Charles H. Sartelle, whose wife, Janey, is the daughter of Jeph and Ametta M. Pinerio of Milson, recently retired from active duty after 19 years of service.

Sartelle most recently served at Naval Submarine School, Groton, Conn.



Susan Bernaix

Bernaix receives nursing license

Susan Elaine Bernaix of Granite City, a June 11 graduate of Lutheran Medical Center-School of Nursing, has taken state board examinations and has received her license as a registered nurse.

She graduated from Granite City High School North in 1975. While attending nursing school, she was awarded two scholarships from the St. Elizabeth Medical Center Auxiliary.

Susan is the wife of Dennis R. Bernaix. Their children are Melissa and Rusty. Susan's parents are Gladys M. Russell and the late Robert Earl Russell.

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Laboratory names lead man to job

Dr. Stephen A. received an assistant director Prototyping Laboratory University Calif.

The laboratory is primary research center with the Department of Science and Engineering at the Department of Engineering and Engineering of the laboratory create and develop manufacturing technology structural analysis.

Layered manufacturing concept in metals and composites used upon each final part shape rather than by conventional techniques. Structures imposed with current techniques will be a laboratory.

Yenchu graduated from the University of Illinois at Urbana-Champaign with a bachelor of science in mechanical engineering. He received a master of science degree from the University of Illinois at Urbana-Champaign in 1985. He was awarded a Packard Fellowship in 1985. He is currently an assistant professor in the Department of Mechanical Engineering at the University of Illinois at Urbana-Champaign. He is also a member of the American Society of Mechanical Engineers and the American Society of Engineers.

Marquette to begin funding

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Horoscope

WEDNESDAY, SEPT. 7

ARIES (March 21-April 19). Strive for harmony with your family. If you must criticize, do it kindly, remembering how it feels to be under the same pressure. Tonight, make the best of what isn't just at home — be patient with others.

Taurus (April 20-May 20). There's so much work and so little time, but you get everything done with your slow and steady approach. Many phone calls or visits interrupt you in the evening — use forbearance with aggressive talkers.

GEMINI (May 21-June 21). Extra effort brings extra money in the days ahead. Romance may conflict with ambition, or you feel guilty because duties on the job keep you away from the kids. Libras have soothing advice.

CANCER (June 22-July 22). Find ways to unwind — count to 10 before speaking sharply to your family. You're inclined to make a change today, and that's unusual. Forward motion on projects gives you a feeling of satisfaction.

LEO (July 23-Aug. 22). You'll have to work alone to get that project finished — someone near doesn't want to help you. There's nothing to worry about, but plan

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ty of rest will help you avoid a cold. Humor helps greatly.

TODAY'S BIRTHDAY (September 7). Special events are in store for you — you're preoccupied with fixing up your home and securing a super job in October. In November, new people come into your life, including exciting romantic prospects. Travel may result in a permanent move in December. In January and February, turn a creative effort into a great money-maker. Improve family relations in '95.

VIRGO (Aug. 23-Sept. 22). Just the right moves in a team situation or just the right contacts if you're job hunting will land you winning spot. Your assets are beginning to add up — just keep

to your strict budget a little longer.

LIBRA (Sept. 23-Oct. 23). Feeling stymied is frustrating — this is as good a time as any to define long-term goals so you can clearly decide how to move in present situations. Tonight, be the guide for confused ones near you.

SCORPIO (Oct. 24-Nov. 21). Keep sensible thoughts at all times — time alone helps you

sort through your ideas. Many new opportunities may develop from events this week. Realistic assessment on your part makes the difference. Also, rest up.

SAGITTARIUS (Nov. 22-Dec. 21). Try new ways of approaching the same old problems. You may be utterly fascinated by someone you meet today — don't carry on too much about one in front of another or you'll arouse jealousy.

CAPRICORN (Dec. 22-Jan. 19). Clear, relaxed thinking about financial issues will put you in control. Remain flexible just in case your plans are changed. Think long-term. Mixed emotions surface when you think someone is testing you.

AQUARIUS (Jan. 20-Feb. 18). Plan ahead carefully for travel and work projects. Timely action

helps you skirt potential difficulties. Remain rather conservative with finances a little longer — you'll be very glad you did. **PISCES** (Feb. 19-March 20). Lots of rest helps keep mood swings manageable. Make some promises to yourself and those you love about the future. Think positively. If you've been procrastinating, you'll feel guilty.

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Behind the scenes: People Anderson relies on



Dave Canada takes a reading on some cooling equipment during his evening rounds at Anderson Hospital.

When most people think of hospital employees, doctors, nurses and other health care professionals come to mind. But hospitals also rely on many other workers each day.

From administrators and housekeepers to food service and business office staffs, each employee plays a vital role in the success of any hospital.

While patients and visitors rarely meet these "behind-the-scenes" employees, they do see their work in the form of clean rooms, a full-service cafeteria and more.

Dave Canada, a maintenance technician at Anderson Hospital in Maryville, knows the significance of his role at the hospital. With eight other staff members and a supervisor, he is responsible for keeping Anderson in top running order.

"We make mechanical, electrical and plumbing repairs, perform routine maintenance on equipment, and monitor equipment like boilers and heating and cooling machinery," Canada said.

"If an air-conditioning unit goes out in the middle of the summer, we have to move quickly to repair it," he said. "There's a lot at stake in keeping the facility operating correctly."

To ensure the equipment continues to function properly, the hospital's maintenance department staff make comprehensive rounds three times a day to take readings on 316 components of the building's physical plant systems.

The department also maintains emergency backup equipment critical in the event of power outages or disasters. The department is ready at a moment's notice to implement a backup system to ensure safety for patients, visitors and employees.

Like most hospitals, Anderson Hospital is constantly renovating areas to keep up with advances in technology, new equipment acquisitions and patient needs.

Canada and his co-workers, in addition to their routine maintenance work, conform to tight remodeling deadlines as the hospital expands and advances services.

"Right now, we're constructing new ultrasound and nuclear medicine suites for the radiology department," Canada said. "After that, we'll move to the surgery department and complete some renovations there."

Canada joined Anderson Hospital 15 years ago, after graduating from the Basic Institute of Technology in St. Louis. He specializes in heating, ventilation and air conditioning, but his position allows him

to experience most facets of the maintenance industry.

"This is exactly the kind of work I thought I'd be doing after graduating," he said. "And I really like the hospital setting. I feel like I'm helping the community by keeping the hospital in good working order."

While most of his work is out of the sight of patients, Canada has been called on several times to assist in the hospital's emergency department.

"A young boy came into the emergency room with his finger stuck in the link of a chain," he said. "The staff couldn't remove the link, so they called me up to cut it with a hacksaw. It worked."

In his 15 years at Anderson Hospital, Canada has worked various shifts in a department that works around the clock. Today, he splits his schedule between days and evenings, two shifts that can vary drastically.

However, on the evening and night shifts, his co-workers are just a phone call away.

"If they (co-workers) can get away, they'll be here to help," he said.

Canada, a Collinsville native, credits his wife, Lisa, with his success as a maintenance technician.

"She's been very supportive during my career, even through the changing shifts," he said. Dave and Lisa live in Maryville with daughters Jennifer, 11, Amber, 7, and Amanda, 2.

"A young boy came into the emergency room with his finger stuck in the link of a chain. The staff couldn't remove the link, so they called me up to cut it with a hacksaw. It worked."

— Dave Canada
Maintenance technician

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Today's Food

Wednesday, September 7, 1994

Food & Nutrition

Wise Ways

A bowl of crunchy, crackly cereal for breakfast is grrrrreat — if it doesn't break the budget. Cynthia Fauser compares costs. **INSIDE**

Living Lean for Adults

Live lean to satisfy your own healthy self-image, not just to look good in others' eyes. Cindy Berner sets up an autumn attitude that can work for you. **INSIDE**

Blue Ribbon Cook

Can't decide between taco salad or pasta salad? Try what this winner does. She cuts the fat in taco salad by using pasta instead of the taco shell. **INSIDE**

Private Label Test Run

Angel food cake is a sweet, fat-free, versatile dessert. *Journal* testers happily volunteered to taste the Shop 'n Save brand. **INSIDE**

Micro Raves

A new bag lunch routine can help a child make the midday grade. **INSIDE**

Lively Taste

Sure, everyone knows salsa goes with Mexican food, but it marches to the beat of more than a mariachi band. Flavor soup or sauce with it. Top scrambled eggs with it for eye-opening taste. Braise meat in it. Mix into mashed potatoes or add to cheese as it melts. Make pizza with pizzazz by splashing salsa on crust and adding chopped bell pepper, jalapeno, onion and Monterey Jack and peppery cheeses before baking.

Health & Fitness

Fresh Picks

The flavor of fresh herbs is incomparable. The trick is to use enough of them. Generally, use three times as much fresh as dried. For instance, if pasta sauce calls for 1 teaspoon dried leaf basil, use 1 tablespoon chopped fresh basil. Increase $\frac{1}{4}$ teaspoon dried rosemary to $1\frac{1}{2}$ teaspoons fresh rosemary.

Medicine Chest

When a change in insurance coverage is necessary, a familiar medication might need replacing, too. **INSIDE**

Big Fat Tip

A seafood lover's favorite fish, such as salmon, may be called a 'fatty' fish. There is good news. This is a relatively healthy fat. It is unsaturated and does not raise blood cholesterol levels, does not promote cancer development like some fats do, and is under study as a possible beneficial preventative in health problems. It is wiser to cut fat calories in less nutritious foods than seafood.

Future Shop

How do people cook? The Pantry Study late last year found 88 percent of consumers own a microwave oven. About two-thirds of consumers polled own a large frying pan, Dutch oven and/or a medium casserole. About one-third of respondents have a wok and/or a slow-cooking pot in their pantry.



SALAD SENSE

By Janice Denham
Staff writer

Salad can be as variable as the weather. While one September day upholds summer's heat, the next may feel like autumn. Salad ranges from being served on the side or as a main dish, to sweetly sneaking up to storm on the table as a snack or dessert.

The emphasis on eating five servings of fruits and vegetables a day has given permission to mix and match fruits with greens, grains and other vegetables to suit anyone. A combination ensures good-for-you benefits — like loads of vitamins A and C and fiber and the meshing of flavors dressed up with inspiration and, sometimes, indulgence.

No longer is there just Caesar salad on the menu when it is served as an open-face salad-sandwich propping grilled chicken on top. Spinach salad offers all the body needs to absorb its iron when vitamin-C rich pineapple is mixed with it.

Add just enough dressing to coat, not drown, ingredients.

Sturdy greens — like cabbage, spinach and romaine — stand up to cream dressings and bold vinaigrettes. A bit of seasoned oil balances these personalities, too.

Lighter vinaigrettes made with oil and wine or fruit vinegar match milder ingredients like fruits, herbs

SEE SALADS, INSIDE TODAY'S FOOD PAGE 2

Kids' Cuisine

Smooth sailing

Make a salad with drained tuna, chopped celery and nonfat mayonnaise. Season with a pinch of pepper.

Separate 2 hot dog buns. Carefully remove some of the bread, leaving the shells. Gently fill boats with tuna salad.

Cut sliced cheese diagonally. Thread wooden picks or coffee stirrers through cheese 'sails' and anchor in bun 'boats.' Decorate with more cut cheese.

Source: St. Louis District Dairy Council

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MIKE SKINNER



BOB VINTARO

Today's Food

Private Label Test Run

SHOP n SAVE

angel food cake mix

DELUXE
CONTAINS WHITES OF 13 EGGS

JUST ADD WATER

NET WT. 16 OZ. (1 LB.) 453g

Shop 'n Save angel food cake mix boasts having the whites of 13 eggs.

Angel food is heavenly

Light, white and delicious — that's what makes angel food cake heavenly.

In this week's Private Label Test Run, testers admired the results of Shop 'n Save angel food cake mix for being just that.

"Oh boy! That turned out really high," one tester exclaimed when the cake appeared from under its cover.

The baker was impressed with how easy it was to make.

"When it said the egg white mixture should be mixed to firm peaks, I expected more work," she said. "Instead, it took only three or four minutes to get the right texture with my well-worn hand mixer."

Testers all proclaimed the benefits of angel food cake for a sweet treat choice, because it is naturally fat-free and mixes well with fruit for luscious no-guilt desserts.

"The ideal thing is the no-fat part," one said. From first sight, it was a hit.

The Shop 'n Save brand costs \$1.77, while national brands run as high as \$2.49.

Wise Ways

Breakfast cereal prices crunch food budgets

Breakfast cereal should be cheap. After all, grains are low on the food chain and plentiful in the field.

Still, breakfast cereals — particularly pour-and-eat varieties — are considered convenience items and convenience can be expensive.

Sticker shock is common in the cereal aisle. A price of \$4.32 per pound seems more appropriate at the meat counter. Cost-crunching strategies can keep breakfast from eating more than its share of the budget.

Compare brands. Most stores have their own "twins" to nationally-advertised brands. I regularly save 40 percent using high-quality, private label cereals. That totals at least \$1 per box, \$52 dollars a year when I buy one box each week.

Check unit prices. Usually the largest boxes or the bagged varieties, are the best buys. However, compare these against sales and special offers.

Think twice about buying highly-fortified cereals based

on price. These are actually vitamin supplements. Vitamin supplements probably are cheaper than the extra 22 cents per serving charged for these cereals.

Read nutrition labels. Get the most nutrition for the money. The American Dietetic Association recommends choosing cereals with less than eight grams sugar (two teaspoons), less than two grams fat and at least two grams fiber per serving.

Stretch high-cost cereals with less expensive varieties. Eat them on alternate mornings or mix them in the bowl.

Use cooked cereals more often. A 42-ounce box of private label rolled oats costs less than five cents per serving, compared to many cold cereals at 15 to 20 cents. They can be cooked in a serving bowl in a microwave oven as quickly as "instant" varieties.

Savings evaporate, however, if single-serving packages are used. They cost about 16 cents for store brands and 25

cents for nationally-advertised brands.

'MAKE-YOUR-OWN' FLAVORED OATMEAL MIX

- 1 box (20 oz.) uncooked regular or quick-cooking oats
- 1/2 to 3/4 cup brown sugar
- 1 cup raisins or dried fruit
- 2 tsp. cinnamon

Stir together oats, brown sugar, raisins and cinnamon.

To prepare: Measure 1/2 cup oat mixture into a microwave-safe bowl. Add 3/4 cup water. Cover bowl with plastic wrap, leaving one edge loose to vent. Microwave 1 minute.

Registered dietitian Cynthia Fauser is a nutrition specialist with University Extension (University of Missouri system) in St. Louis County.

Micro Raves

By BETTY SERATI

End throw-away lunch by cycling sandwiches

A recent survey by the National Parent-Teachers Organization found that 82 percent of parents believe children eat everything packed in their school lunches. Teachers in the survey overwhelmingly disagreed. They see students in the large majority "trashing" parts of their lunches.

What is the item that most often hits the trash can? It's the major component, the sandwich. Students eat snacks, chips and dessert, but throw away the entree.

Obviously, to succeed in the school environment with its attendant high-energy activities, it is important to have well-nourished children. Research shows children who skip breakfast often have problems in school. They score lower on tests, often are restless and disruptive and easily lose their enthusiasm for learning. A skipped lunch can have the same effects on learning after noon.

Changing that main component to one children eagerly devour makes the best sense in attacking this problem.

"Give it eye appeal. If it looks like it tastes good, children look forward to eating it. Cutting ordinary sandwiches with cookie cutters is

a simple way to add eye appeal.

Variety is important. So is serving food children enjoy. Busy parents don't have time to make gourmet lunches. Using a microwave oven speeds preparation time and often means a child can be involved in the cooking. Some schools even have microwave ovens in their lunch rooms, so foods prepared at home can be reheated at school.

These lunch suggestions, which do not require reheating, avoid humdrum sandwiches. Most children love fried chicken and have eaten it cold at picnics. This microwave version that fits little fingers is easy to prepare without high-fat frying.

PARMESAN DRUMMETTES

- 1 lb. (about 8 pieces) chicken drumettes (the meaty portion of the wing)
- 1/2 cup parmesan cheese
- 1/2 cup cornflake crumbs
- 1 tsp. paprika
- 1/2 cup milk

Combine parmesan cheese, cornflake crumbs and paprika in small bowl. Wash chicken pieces, dip in milk and roll in crumb mixture.

Place wagon-wheel style — meatier ends to the outside — on microwave-safe plate. Cover with waxed paper. Cook on high power 6 to 7.

PB&J MUFFINS

- 1 1/2 cups buttermilk baking mix
- 1/4 cup packed brown sugar
- 1/4 cup chunky peanut butter
- 1/4 cup milk
- 1 egg
- 1/4 cup jelly

In small mixing bowl, combine baking mix, brown sugar, peanut butter, milk and egg. Beat until well mixed.

Place 12 paper liners in microwave-safe cupcake pan(s). Divide about half the total batter between muffin cups. Divide jelly evenly on batter.

Bake 6 muffins at a time on medium 3 minutes.

Betty Serati specializes in microwave cooking.

drate and 3 g protein each.

PINEAPPLE SPINACH SALAD

- 1 can (20 oz.) pineapple chunks, drained
- 4 cups (5 oz.) chopped fresh spinach
- 1 cup diced red apple
- 1/2 cup raisins
- 1/2 cup chopped green onion
- 1/4 cup sliced almonds, toasted
- 1/4 cup olive oil
- 3 tbsp. cider vinegar
- 1 tsp. dry mustard
- 1/2 tsp. paprika
- 1/2 tsp. grated fresh ginger
- 1/2 tsp. salt, if desired
- 1 clove garlic, minced

In large bowl, combine pineapple, spinach, apple, raisins, onion and almonds.

In small bowl, combine oil,

This summer, it was wanting to look good in a swimsuit and shorts. Now cooler days offer the prospect of long pants, sweaters and a layered look to hide unwanted pounds. Cooler weather sparks interest in returning to the kitchen to cook — and eat the product.

Is the timely window for weight loss coming to a close? Not at all. Fall is a great time to shift the focus from appearance to overall good health.

Weight loss ideally should result from healthier eating habits and behavior changes. Instead of numbers on a scale, a healthier and more realistic focus should be on food choices, exercise and eating habits.

Here are some tips to start on the healthy road:

Take inventory. Start at a beginning point. For one week write down everything you eat or drink. Memories are kind, so write down each food right after eating it. That bite of brownie or 12th piece of hard candy adds up at the end of a day. By the end of the week, patterns can emerge which may surprise you.

Work up a plan. Building a solid core of healthy eating habits is important. Each

week consider a short-term goal, based on recommended core amounts, and add healthier foods, rather than taking away favorites.

The American Heart Association recommends these minimums:

- Six servings of breads, cereals, rice and pasta;
- Five servings vegetables and fruits;
- Two servings milk products with zero to one percent milkfat.

The AHA sets a few upper limits, too:

- Six ounces cooked lean meat, fish or poultry;
- Three to four egg yolks per week, with no limit on egg whites;
- Five to eight teaspoons unsaturated fats and oils, depending on your caloric needs.

Set yourself up for success. Select one area to begin changing. Make it easy. For example, add a piece of fruit to lunch or as a snack. A great breakfast replacement is eating a low-fat choice — bagels, English muffins — instead of a fat-hefty one like doughnuts.

Evaluate your success. By the scale? No, the focus is on your short-term goal. Did you add a fruit-a-day or improve breakfast?

vinegar, mustard, paprika, ginger, salt and garlic. Toss with spinach mixture.

Serve immediately.

Makes 8 servings; 154 calories, 10 g fat, no cholesterol, 3 g protein, 16 mg sodium and 18 g carbohydrate each.

GRILLED CHICKEN CAESAR SALAD

- 4 boned, skinned chicken breasts, halved
- 1 tsp. olive oil
- 1 tsp. garlic powder
- 1/2 tsp. crushed rosemary
- 8 slices sourdough bread, if desired
- 1 pkg. (10 oz.) Caesar salad mix with dressing and croutons

Brush chicken with oil. Sprinkle with garlic and rosemary. Over medium-hot

coals, grill 12 to 15 minutes until chicken is no longer pink. Slice chicken 1/2-inch thick.

Grill bread over coals. Toss greens and salad dressing in large bowl.

On individual plates, layer slice of toasted bread, portion of Caesar salad and a sliced chicken breast half. Sprinkle with parmesan cheese and croutons.

Serve immediately. Makes 4 servings; 440 calories, 19 g fat, 77 mg cholesterol, 727 mg sodium, 34 g carbohydrate and 38 g protein each.

MANDARIN ORANGE FROSTY

- 1 can (11 oz.) mandarin oranges, drained
- 1 can (8 oz.) crushed

If so, set another short-term goal and build on last week's success. If not, determine what went wrong. Did you need to go to the store to buy the fruit or did you tackle too many days in a row of healthy breakfasts? It's OK to modify the goal for greater chance of success in short-term steps.

ZESTY TUNA SALAD

- 1 can (6 1/2 oz.) white tuna packed in water, drained
- 1 medium granny smith or red delicious apple, chopped
- 2 ribs celery, minced
- 2 tsp. plain nonfat yogurt
- 1 1/2 tsp. lemon juice
- 2 tsp. minced fresh parsley
- 1 tsp. sweet pickle relish
- 1/4 tsp. dry mustard
- 1/4 tsp. dill weed
- Pepper to taste

Combine tuna, apple, celery, yogurt, mayonnaise, lemon juice, parsley.

Registered dietitian Cynthia Berner is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

pineapple, drained

- 1 cup (8 oz.) vanilla low-fat yogurt
- 1 cup miniature marshmallows
- 1/2 cup chopped maraschino cherries, drained

In large bowl, combine oranges, pineapple, yogurt, marshmallows and cherries. Spoon into paper or foil baking cups, placed in muffin tins. Freeze 6 hours or until solid.

Remove from freezer. Peel off baking cups. Let stand 10 minutes before serving.

Note: Muffin tins can be sprayed with nonstick cooking spray instead of using baking cups. Loosen sides and remove from pan, using fork.

Makes 8 servings; 103 calories, 1 g fat, 2 mg cholesterol, 28 mg sodium, 24 g carbohydrate and 2 g protein each.

Salad

Continued from page 1C.

and delicate greens. Convenient ready-mixed greens in the produce department negate one excuse for skipping salad. These recipes use a mixture of package-ready greens, easy-to-use canned fruit and other fresh and canned ingredients.

When adding up five servings of fruits and vegetables a day, it is easier than looking at the weather map on radar. A single serving equals 1/2 cup fruit or vegetable, 1 medium-sized piece of fruit, 3/4 cup 100 percent fruit or vegetable juice, 1 cup leafy greens or 1/4 cup dried fruit.

TROPICAL FRUIT RICE SALAD

- 1 can (15 1/4 oz.) tropical

- fruit salad, drained
- 1 cup uncooked rice
- 1/2 cup chopped unpeeled cucumber
- 1/4 cup chopped green onion tops
- 1/4 cup finely chopped red bell pepper
- 1/4 cup olive oil
- 3 tsp. white wine vinegar
- 2 tsp. chopped fresh mint
- 2 tsp. chopped fresh basil
- 1 1/2 tsp. honey
- 1 tsp. dry mustard
- 1 tsp. salt, if desired
- 6 drops pepper sauce

Cook rice according to package directions. Chill. Toss rice with fruit salad, cucumber, onion and red pepper in large bowl.

In small bowl, combine oil, vinegar, mint, basil, honey, dry mustard, salt and pepper sauce. Toss with rice mixture.

Serve immediately. Makes 6 servings; 269 calories, 10 g fat, no cholesterol, 9 mg sodium, 44 g carbohydrate and 3 g protein each.

Blue R

Toss

Nadyné Spruiell is this week's new certificate holder for the House of Commons.

Instead of a fried taco shell, this Tex-Mex cooked and tossed all ingredients dish often becomes liked.

Weekly winners Wednesday 1/2 cup Apple or Pumpkin test, which was marked by Se for a favori apples or pumpkin.

A single entree test should be or Pumpkin 1714 Deer Tr.

One winner be chosen or taste and eye as originality recipe need Double-check specific amount ations that i

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TACO PA

2 cups unco

Recipe

HARV

- 1 tsp. olive
- 2 cups chlo
- 1 1/2 cups thin
- 1 cup thinn
- 4 cloves gar
- 2 tsp. Italy
- 1 cup crush
- 3 cans (14 oz.) reduced-fat broths
- 3 cups veg
- 1 cup gree
- 1 1/2 inch p
- 1 bay leaf
- 1/2 cup anch
- 2 cans (16 oz.) beans, r
- 2 cups co
- 1/2 cup zucchini

In 6-quart medium heavy pot, combine Italian sea until vegeta

Stir in juice, gree and pepp Reduce hes

utes. Add kidne

chint Cook zucchini in bay leaf.

Makes 12 servings; 92 calories, 2 g fat, 1 g protein, 60 mg sodium and 10 g carbohydrate each.

SPICY

In medium er one (12 oz.) corn, dried onion, sil

green pepper, chopped.

In small lid, shake spoons re tablespoon spoon suga 1/4 teaspoon spoon pep

Four dre ture. Toss to ings.

Toss tasty pasta with fresh-Mex flavors for big winner

green pepper and cheese. Add pasta and meat mixture. Serve immediately.
Serving idea: Warm corn muffins are good on the side.

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		CHICKEN WINGS	ARTIFICIAL SWEETENED
UPS 12 PK	\$1.49	WHOLE FRIVERS	ARTIFICIAL SWEETENED

2 mg cholesterol, 24 g protein

Today's Food

Medicine Chest

By REBECCA COLEY

Switching insurance may mean drug changes

If you ever switched health insurance carriers, you may have been told the medication you have taken for years is no longer covered. This is often the result of the formulary process.

A formulary is a list of drugs an insurance carrier or health maintenance organization (HMO) has decided are the drugs of choice. This list of drugs is approved by a committee of physicians who represent the organization.

The process of deciding how a drug gets placed on the formulary can be simple or complex. It usually involves looking at safety, effectiveness, side effects and cost.

When drugs are different

chemically but act similarly, the decision is based on cost. When equally-effective generic products are available, they usually are recommended.

This process involves evaluating all the scientific data available and making the best decision for the patient and the health care organization. However, problems such as different side effects and changing costs — can arise for patients stable on certain drugs for years.

With the many drugs on the market, there is often an equally effective drug to substitute. Most patients are consulted regarding this decision and can help their physician or pharmacist come up

with a solution. In most cases, the alternative drug will be less expensive and equally effective.

If, however, you have unusual side effects, alert your pharmacist and physician.

While changes in health insurance and, consequently, drugs may be a short-term inconvenience, they are an attempt to keep down everyone's health care costs.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

Recipe

TLT SANDWICH

1/2 cup fat-free mayonnaise
1 1/2 tbsp. barbecue sauce
3/4 tsp. minced fresh cilantro
Dash pepper sauce
8 slices whole-grain or oatmeal bread

1/4 lb. turkey tenderloin, cut in thin strips
4 large pieces romaine lettuce
2 plum tomatoes, thinly sliced
1/2 cup shredded romaine lettuce
16 slices (rings) pickled jalapeno pepper

Mix mayonnaise, barbecue sauce, cilantro and pepper sauce. Refrigerate, covered,

at least 1 hour. In skillet coated with non-stick cooking spray, cook turkey about 2 minutes until cooked through.

Spread each slice of bread with 1 tablespoon mayonnaise mixture. Top each of 4 slices with lettuce leaf, turkey strips, sliced tomato and 2 tablespoons shredded lettuce, then second slice of bread.



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Ham open

Backpacks, boc lunches are the day. As for lunch, any age usually "wich" for a mid-Ham sandwich. ly rank among favorites. For lunch, turn cr ham and other combinations. Whether bologna or turkey label tells imm lean these ready wich meats and brands for desir check its flavor see how delicious fat meats can be.

Here is a vari ham sandwich. California, vers cado and spro sourdough bre Coast — and fair.

No matter wh is served, inclu extras like fre rots and celery.

For more sa favorites, se addressed, star to: Back-to-S Offer, Farmar P.O. Box 7527, Mo. 64116.

CALIF HAM SA

1 ripe avocado
3 tbsp. honey
salad dressi

GERMAN WO COLLEC

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Ham sandwiches cast open faces to diversity

Backpacks, books and bag lunches are the props for the day. As for lunch, students of any age usually think "sandwich" for a midday meal.

Ham sandwiches continually rank among top sandwich favorites. For a carried lunch, turn creative with ham and other cold cut combinations. Whether it is ham, bologna or turkey breast, its label tells immediately how lean these ready-to-use sandwich meats are. Compare brands for desired levels and check its flavor at home to see how delicious even lower-fat meats can be.

Here is a variation of the ham sandwich — an upscale California version with avocado and sprouts, plus the sourdough bread for West Coast — and St. Louis — flair.

No matter which sandwich is served, include easy-to-eat extras like fresh fruit, carrots and celery sticks.

For more sandwich recipe favorites, send a self-addressed, stamped envelope to: Back-to-School Recipe Offer, Farmland Foods Inc., P.O. Box 7527, Kansas City, Mo. 64116.

CALIFORNIA HAM SANDWICH

- 1 ripe avocado
- 1 tsp. honey mustard salad dressing

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- 8 slices sourdough bread
- 1 lb. (about 12 slices) sliced ham
- 4 oz. sliced Monterey Jack cheese
- 2 cups alfalfa sprouts

In small bowl, mash avocado. Add honey mustard dressing.

Spread about 1 tablespoon mixture on 1 side of each slice bread. Divide ham, cheese and alfalfa sprouts between 4 slices.

Slice each sandwich in half to serve.

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The 1994 Home and Remodeling Show will kick-off on Wednesday, September 15 at 5 p.m. at the Convention Center. The show is sponsored by the Home Builders Association of St. Louis and will feature over 500 booths and 225 companies exhibiting the latest products for the home.

Show Hours
Wednesday, September 14, 5 p.m. to 10 p.m.;
Thursday, Friday and Saturday, September 15 through 17, Noon to 10 p.m.; and Sunday, September 18, Noon to 6 p.m.

Admission
Ticket prices are \$5 for adults and \$2 for children ages 6-12. Children under age six are admitted free.

Special Show Discounts
• Buy One, Get One Free Adult Admission
Coupons will be available at all area Schnucks stores. The coupons are good Wednesday from 5 p.m. to 10 p.m., Thursday from Noon to 10 p.m., and Friday from Noon to 5 p.m.
• Free Children's Admission Coupons are available in this issue of the Suburban Journals.
The coupons are good Wednesday from 5 p.m. to 10 p.m., Thursday from Noon to 10 p.m., and Friday from Noon to 5 p.m.

p.m., Thursday from Noon to 10 p.m. and Friday from Noon to 5 p.m.

*Free Senior's Admission—Adults 62 years of age and older will be admitted free of charge Thursday and Friday from Noon to 5 p.m., courtesy of the Home Builders Association of St. Louis. Seniors must show proof of age.

Parking/Shuttle

An additional 3,500 parking spaces are available at Laclede's Landing and the Arch garage. Show visitors can park in these lots for two dollars and catch a free shuttle to and from the Convention Center. The shuttle, sponsored by the St. Louis Post-Dispatch, will run in five minute intervals throughout show hours.

14th Annual Builders HOME & REMODELING SHOW

children admission **FREE**

Wednesday, September 14, 5-10 p.m.
Thursday, September 15, 12-5 p.m.
Friday, September 16, 12-5 p.m.

Present this coupon at the Home Show Box Office Wednesday, between 9 and 10 a.m., Thursday, between 12-10 p.m., Friday between 12-5 p.m., and you'll receive one free child's admission. Child must be between 6 and 12 years of age (under 6 years old). Limit one offer per coupon. Multiple coupons may be used by one family.

Suburban Journals

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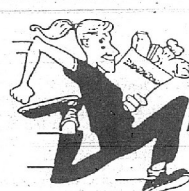
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WINSTONS SALEMS ALL STYLES
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SALE

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, Sept. 7

Pulmonary Support Group, for people with diagnosed lung condition, 11 a.m. to noon in 4-Doc's Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Divorced and Separated Group, Ministry, 7:30-9 p.m., Eden United Church of Christ, 903 Second St., Edwardsville, 656-9288.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 463-2714.

Stress Management Class, 7 to 8 p.m., at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2535 or Diane at 876-1360.

Thursday, Sept. 8

Navy Mothers Clubs of America, meet at 7:30 p.m. at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2209.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Village lanes, Granite City, 876-8467.

Take Off Pounds Sensibly, Chapter 2363, 6:15 p.m. at Anchorage

Recreation Center, 2909 Edwards St. For information, 797-6351 or 797-0562.

Al-Anon, 9:30 a.m., St. Elizabeth Church, quilting room, 2300 Pontoon Road, 463-2429.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7021.

Friday, Sept. 9

Southern Illinois Divorced and Separated Catholics, 7:30 p.m., St. Boniface School, 128 N. Buchanan, Edwardsville.

Downtown Neighborhood Restoration Society, Granite City, 876-7715, 8 p.m.

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Singles Connection, Happy hour at 7 p.m. at Michael's, 425 Broadway in Highland. Call Jim at 654-7669 for more information.

Al-Anon meets at 8 p.m. at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Sept. 10

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Singles Connection, Movie night held at Skyview Drive-In in Belleville.

ville. We will carpool at 6:30 p.m. from Drury Inn in Collinsville.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Sept. 11

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Singles Connection, We will spend the day in St. Charles, Mo. We will carpool at noon from the Park and Ride at Illinois 157 and Interstate 270. Call Sandy at 344-1393.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pastoral Hall, main floor, Granite City, 876-8467.

Gateway East Artists Guild is sponsoring an art show from 11:30 a.m. to 4:30 p.m. at Our Lady of the Snows Shrine, 9500 W. Illinois 15 in Belleville. For further information, call Norma Stone at 397-0733 or Marjorie Hines at 234-0743.

Senior Social Club, meets at the Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

Noose Lodge Bingo, 1:15 p.m. at the Nameoki Bingo Center.

Overeaters Anonymous, meets at 7 p.m. in the Wisconsin Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, Sept. 12

National Association of Retired Federal Employees

(NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118.

Singles Connection, Dinner at 6:30 p.m. at Pantera's in Edwardsville. Call Linda at 656-3369.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for non-offending parents of victims, meets from 4:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

Senior Social Club meeting will be held at 1 p.m. at the Granite City Township Hall.

TOPS 2648 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 462-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, Sept. 12

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Edgewood Program will host a talk and film on "How Can You or a Person You Love Recover From Alcoholism or

Drug Addiction? at 7:30 p.m. in the Wisconsin Room at St. Elizabeth Medical Center. Warren Neal, prevention and intervention counselor with Edgewood, will be the speaker. The session is free and open to the public. Call 798-3012 for more information.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Singles Connection, Walleyball held at 6:30 p.m. at the YMCA, Esic Drive, Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-4315 for more information.

Alliance for the Mentally Ill, 7 p.m., Eden United Church of Christ, 903 N. Second St., Edwardsville; for information call 877-5006.

Better Breathers, support group of those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

Mastectomy Support Group, 7 to 9 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3510.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 876-8467.

(See CALENDAR, Page 7C)

West James Courts



Sing Up For FALL LEAGUES

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Bellevue, IL 62223

Anot

By Bonita Tillman
Staff writer

A Catholic priest scheduled to take on ministerial duties in St. Basil's parish in St. Louis on Thursday was placed administrative leave by the Rev. Daniel Wilton Gregory in the St. Basil's parish in St. Louis. Gregory made the announcement Friday in a letter to the parish's pastoral council members. Gregory made the announcement Friday in a letter to the parish's pastoral council members. Gregory made the announcement Friday in a letter to the parish's pastoral council members.

Ballroom

Southern Illinois Edwardsville, IL. Eight non-credit starting Sunday course will run each class lasting Sunday, 1 p.m. to 3 p.m. Imp.

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Our shoulder joint power, great motor control, and stability, which has a deep network of tendons, which are subtle strains and tears, can cause real injury. When they occur, they can cause real injury. When they occur, they can cause real injury.

Feet
World
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Hand and hand procedure syndromes cause extreme elbow Ortho Mem EXT

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Another priest relieved of duties in Belleville Diocese

By Bonita Tillman
Staff writer

A Catholic priest who was scheduled to take over ministerial duties at St. John the Baptist Parish in Red Bud Thursday was placed on administrative leave by Bishop Wilton Gregory instead.

The Rev. Daniel L. Friedman, former chaplain at Camp Ondessonk and former pastor of the parishes in Vienna and Stonefort in southern Illinois, was removed after a recommendation from the Belleville Diocesan Review Board.

Gregory made the announcement Friday at the diocese's Pastoral Center on Lebanon Avenue.

The diocese board made the decision after an allegation of sexual misconduct with a minor

at the camp about eight years ago.

The allegation arose in 1988 and was investigated by the Rev. James E. Margason, vicar general of the diocese. However, Friedman was not removed.

Gregory said he could not comment on why Friedman was not removed because the action took place before he came to Belleville, but he said the new allegation came from the same source.

"We were advised by our legal counsel that this whole allegation had been raised again," he said. "I took the decision to submit it to the review board."

The review board was created last year by former Bishop James Keeler when allegations of sexual misconduct by priests began arising in the diocese.

To avoid having a past

allegation arise again, Gregory said he would review the file of every diocese priest and forward all with past sexual misconduct allegations to the review board.

"Any outstanding allegations that have not come to the review board will be passed to them," he said, "but my heart tells me there are no such cases."

He also said he would appoint a committee to study all the policies, procedures and administration of Camp Ondessonk near Shawnee National Forest in Southern Illinois and report directly to him on what they have found.

"We need a complete, honest, object study of that facility," he said. "I will empower them to review every aspect and report to me. I want them to take as much time and leeway as they need to complete that report."

Details on the number of

committee members have not been set, but the bishop said it would involve a variety of people related to the diocese, including professional people and parents.

Friedman, who was ordained in 1972, was chaplain at Camp Ondessonk in 1986 when the sexual misconduct allegedly occurred. Gregory said he has already begun to cooperate with the diocesan process and is being evaluated.

Monsignor Bernard O. Sullivan has been named temporary administrator at St. John until a permanent priest can be found, Gregory said.

Friedman is the 10th priest in the Belleville Catholic Diocese who has come under scrutiny after an allegation of sexual misconduct. Although all remain on administrative leave, Gregory said no new cases have arisen lately.

The allegations have placed

the diocese in a difficult position, but it is learning to cope.

"Each time we must remove a priest, it is a difficult and traumatic event," he said. "This

diocese has learned much about how to respond to these cases, in what we hope and pray is the best and most compassionate way for all concerned."

Calendar

(Continued from Page 6C)

Alcoholics Anonymous, 8 p.m., St. John United Church, 2801 Namecki Road, Granite City, 692-8878.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (baby sitter available), 463-2429.

Alteen Program for 12 to 17 age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Circle of Hope, a 12-step healing program for anyone

whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

The Gateway Sounds Chapter of Sweet Adelines meets for rehearsal at 7:30 p.m. at the Collinsville Senior Citizens Center, 420 E. Main in Collinsville. For more information, call 345-1686, 234-3452 or 331-1409.

Ballroom, country dance classes start Sunday at SIUE

Southern Illinois University at Edwardsville has scheduled eight non-credit dance courses starting Sunday, Sept. 11. The course will run for 12 weeks, each class lasting 1½ hours.

Sunday, 1 p.m. — Ballroom I; 2:30 p.m. — Imperial Swing I.

All evening classes are at 6:30 p.m. and 8 p.m. **Monday** — Country and Western, Ballroom II; **Tuesday** — Ballroom I, Ball-

room III, Wednesday, Imperial Swing and Latin.

For information, call 692-3210.

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By Mark Lymberopoulos

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Add calcium without drinking quarts of milk. Low-fat cheddar cheese, part-skim mozzarella cheese (648 mg. in 3½ ounces), tofu (250 mg., same amount) and plain, low-fat yogurt (almost 400 mg. in a cup).

Stop aerobics can be more demanding and more fun with double steps set next to each other, 12 to 14 inches apart. Try the straddle jump: standing with one foot on each step, step down with one foot, then the other; then bend knees and jump back to land in starting position.

Join a step aerobics class at

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SATURDAY Experience

SUN	MON	TUES	WED	THUR	FRI	SAT
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Arts and Crafts

- Multi-Holiday Centerpiece
- Basket Weaving
- Bows, Bows and More Bows I
- Basic Calligraphy
- Gothic Calligraphy
- A Trip Around the World Quilt
- Fundamental Flowers
- Your Bridal Bouquet
- Dried/Silk Flower Centerpiece
- Victorian Ecstasy Spray
- Art From Around the World (Ages 7-12)
- Trick or Treat (Yard Art)
- Christmas Angel-Doll
- Basket Weaving-Napkin Basket
- Amazing Mop Doll
- Best French Horn

Personal and Professional Development

- Cooking for the Diabetic
- Attitude Adjustment
- Free Educational Materials
- Firearms: Skills and Safety
- Your Personal Flower Garden
- Photography Workshop
- Boating Safety and Seamanship
- Basics of Signaling
- Family Emergency Preparedness
- Pruning Landscape Plants
- Antique Mystique
- Planning the Perfect Wedding

Business and Computers

- How to Buy a Computer
- Intro to the Macintosh P.C.
- Computers Don't Die
- So You Want to Start a Business?
- Getting Started with WordPerfect
- Getting Started with Lotus 12.3
- Start Your Own Catering Business

Just For Fun

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Basic Machine Maintenance: Clark will show you how to maintain any machine. Bring your own machine.

Know your machine: Clark will teach you how to adjust your machine perfectly, learn stitches & tensions. Bring your own machine.

All Occasion fabric wreath: Laura. You can go from fast to Country, the varieties are endless.

Receiving Blanket: Marlys will show you how to make a cute and quick.

Tidy Towel: Laura. It fits kitchen or bath, for yourself or a quick gift.

Needles: Laura: What to use. When and how to make them fun and beautiful.

Pillow Cases: Laura: from boring to beautiful.

Dazzle Drawers: Marlys: This you've got to see to believe - so easy and truly stunning.

Baby hooded towel: Laura: Every Mother and child loves them - and so easy!

Decorative Marlys: very fashionable & easy.

Christmas Stocking: Laura: enchanting.

Instant high chair: Laura: you can carry it in your diaper bag and go any where. Baby will be safe and secure.

No Bear: Laura: Just add ice and a hug.

Scrunchies: Marlys: easy and perfection of scrunchies for your hair, or bearded or sewn top. Laura: quick & easy any way you do it.

TONS MORE CLASSES. CALL FOR A FULL CALENDAR AND MORE INFO!

September Events	Plus lots more	Labor Day 5*	1:00 6*	1:00 All Occasion Wreath 6:30 Receiving Blanket	6:30 Tidy Towel 9	11:00 Machine Quilting 9:30 Basic Machine Maintenance
		1:00 Basic Machine 6:30 Needles	1:00 13 Machine Quilting	11:00 14 Pillow Cases	6:30 16 Dazzle Drawers	11:00 Machine Quilting 9:30 Basic Machine Maintenance

Come join all the Fun As We Celebrate the entire month of September! Please remember there is limited seating, so call in advance to reserve your seat. 628-0403

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TOUCH-UP \$74

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POSTURE SERIES MATTRESSES

CONTRACT SPECIAL \$19

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COMFORT FIRM \$39

HEALTHY-PEDIC \$49

CONFORMED \$64

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Bed Frames Twin or Full 19 Queen or King 29

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Put Your Hands In Mine

Hand injuries can be painful and may involve the loss of function. Early examination and diagnosis, as well as a complete treatment plan may relieve pain and can restore hand function. Arthritis, degenerative processes, nerve problems and overuse syndromes, as well as fractures and sprains are among the things that can cause pain and discomfort in the upper extremities - hand, wrist, shoulder and elbow. Southwest Illinois Sports/Orthopedics, Ltd., in cooperation with Memorial Hospital, can help you put a finger on your pain with its HAND/UPPER EXTREMITY SERVICE.

Services include:

Examination by Harvey Miry, M.D., a fellowship-trained orthopedic hand surgeon. Also may include x-rays and physical therapy as well as other ancillary services such as social service and nursing.

Fees:

Fees are charged according to services received. Southwest Illinois Sports/Orthopedics, Ltd. is a Medicare provider and insurance billing will be handled for you by the SWISO staff.

Date, Time, Place:

Friday, September 30, 1994 1 to 3 p.m.

Memorial's Physical Therapy of Center of Collinsville 531 Vandavia, Collinsville, Illinois

Information:

Examinations are by appointment only and physician referral is not required. For your convenience, a copy of your HAND/UPPER EXTREMITY SERVICE evaluation report will be sent to your physician. For an appointment, call 235-7500.

Southwest Illinois Sports/Orthopedics, Ltd.

4550 Memorial Drive, Suite 400

Belleville, Illinois 62223

MEMORIAL HOSPITAL

4500 Memorial Drive

Belleville, Illinois 62223

A help up

Community development department helps those in need

Winter heating bills of \$600 to \$800 a month were a burden for Wanda Atwood's Social Security disability check.

"It was pay the utility bill and go hungry, or eat and let the utility bill go," said Atwood, 63, left with a huge amount of medical bills when her husband died several years ago.

Now, Atwood's heating bills run about \$110, thanks to weatherization of her 100-year-old home and a better-furnace furnace.

A YEAR AGO last March, Beth Jilek had her home, no job and two small children to care for. Now, she's looking for a job as a registered nurse.

Both women have brighter prospects thanks to programs of the Madison County Community Development Department, the community action agency that serves the county.

The community action program, symbolized by the motto, "A Help Up, Not a Hand Out," celebrates its 30th anniversary this month.

It was created in 1964 and put on the front lines of President Lyndon Johnson's War on Poverty. Community action agencies nationwide have provided help to an estimated 30 million people.

THE COUNTY department, created in 1975 to administer federal community development grants, took over weatherization,

low-income energy assistance and community services block grant programs in 1983 from the county's original community action agency, the Madison County Economic Opportunity Commission, which declared bankruptcy.

Other anti-poverty programs, including Head Start and Foster Grandparents, went to other agencies.

Madison County Community Development is considered among the premier community action agencies in Illinois, rated the state's best by the Illinois Community Action Association three of the last four years.

"I think we're doing a very good job in seeing that programs are run properly and that the proper people are getting the benefits," said Cheryl Jouett, the department's administrator.

"IT'S REALLY wonderful to help these people who otherwise wouldn't get any assistance, especially the elderly, but I would really like to see the ability to get more people into jobs where they didn't have to come and get these services," Jouett said.

"It's a temporary fix, a Band-Aid as opposed to a permanent solution. In the interim, we do the best we can."

The department has helped put people to work through low-interest loans that have helped small businesses get started, expand or relocate in

the county.

"Last year, we made two loans and, as a result, 60 jobs were created," Community Services Coordinator Walter Hunter said. Over the past 10 years, he said, there have been 15 loans that led to the retention of 80 jobs and creation of almost 200.

OTHER PROGRAMS provide college scholarships, home gardening help, emergency help with transportation, food, medical care and prescription drugs, housing counseling, temporary shelter and social services for the homeless.

When Jilek was separated from her ex-husband, she had no

"It's really wonderful to help these people who otherwise wouldn't get any assistance..."

Cheryl Jouett

County Community Development department administrator

home for herself, a 5-year-old son and a daughter who was not yet 1. Although trained as a registered nurse in her native Philippines, she was not certified to work as a nurse in the U.S.

"I was in a crisis," Jilek said. "It was overwhelming."

Community Development provided temporary housing and

steered her to a refresher course at Southern Illinois University at Edwardsville. Recently, Jilek passed an examination that will allow her to again work as a nurse.

"I OWE everything to (Community Development caseworker) Joe (Bolt)," Jilek

said. "If I had not met him, I don't know where I'd be right now. This is not the kind of life I wanted. They give you the tools. It's up to you to use them."

Weatherization workers replaced broken windows and installed storm windows at Atwood's home. They insulated her attic, installed new doors, cleaned and repaired her furnace and put in a new thermostat.

"It has saved me a lot of money," Atwood said. "They are to be complimented for their skill and kindness. This is what we need, for people to start caring again."

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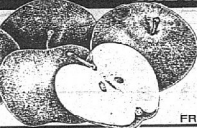
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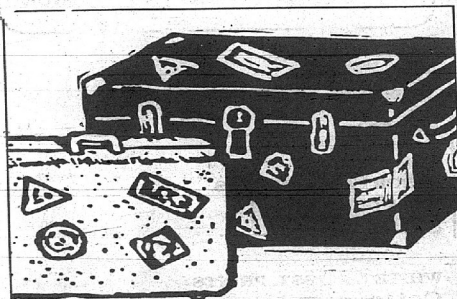


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Are you involved in sports activities or any activity that can involve body movement that is somewhat abnormal? Regular chiropractic treatment by the office of WARREN A. STEWART JR., D.C., can minimize the injurious affect that these activities can and may cause. Many well known sports figures and entertainers use chiropractic on a regular basis. Chiropractic doesn't cost - it pays. Call 398-2121 to schedule an appointment. We're located at 10251 Lincoln Trail, Suite 12, Fairview Heights, where we're available M-F 8-5pm.

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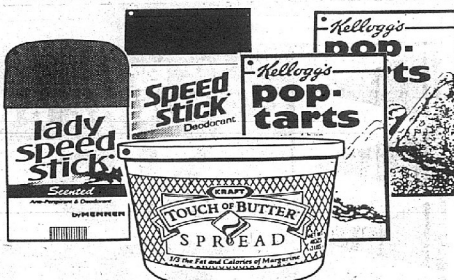
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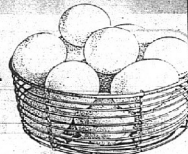
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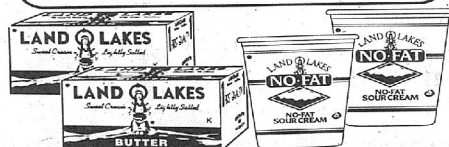
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59¢
18 COUNT

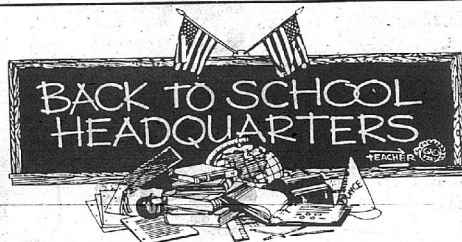
REGULAR OR UNSALTED
**Land O Lakes
Butter**

97¢
1-LB.



REGULAR OR NO FAT
**Land O Lakes
Sour Cream**

89¢
18 OZ.



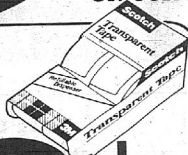
Low Prices!

ON OUR ENTIRE LINE OF SCHOOL SUPPLIES

200-COUNT PKG.
Filler Paper
COLLEGE OR STANDARD RULED

3/\$1
REG.
\$1.57
EACH

**Twin Pack
Scotch
Tape**



99¢

**Bonus Pack
Glue Sticks**



109
3-PACK

**Bonus Pack
Post-It-Pads**



139
4-PACK

REGULAR PRICE \$3.00
**24-Pack
No. 2 Pencils**

150

REGULAR PRICE \$3.00
Paper Clips
NICKEL OR PLASTIC COATED

150
200-COUNT

REGULAR PRICE \$3
**Push
Pins**

150
100-COUNT

REGULAR PRICE \$3.00
**Thumb
Tacks**

150
200-COUNT

REGULAR PRICE \$4.00
**Rubber
Bands**

200
450-COUNT

REGULAR PRICE \$3.00
Erasers
Regular or Gum

150
3-PACK

REGULAR PRICE \$3.00
**Clear
Tape**

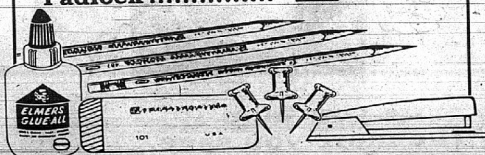
150
3-PACK

REGULAR PRICE \$3.00
**Desk Kit
Assorted Items**

150

REGULAR PRICE \$3.00
**Combination
Padlock**

150



REGULAR PRICE \$2.49
**Legal Pad
Assorted**

100
3-PACKS

TOTAL VALUE PRICED
**Bic
Pens**

99¢
10 PACK

TOTAL VALUE PRICED
**Bic Round
Stick Pen**

99¢
10 PACK

TOTAL VALUE PRICED
**Elmer's
School Glue**

129
4-OUNCE

TOTAL VALUE PRICED
**Theme
Notebook**

2/\$1

Please check the address and phone number for accuracy. If you find an error, please call the number below. The number is for the office that handles your area. The number is for the office that handles your area. The number is for the office that handles your area.

Adjustment
day your ad is responsible for the first day. If an error occurs on an error, the number of days not exceed 10 days.

Cancellation
877-7700 number. The record of the call before there is no action when the call is made.

Box Charge
office, \$5. per week.

Faxing Your
fax your daytime

Transportation

A	Buick
A	Cadillac
A	Chevrolet
A	Chrysler
A	Dodge
A	Eagle
A	Ford
A	Geo
A	Jean
A	Lincoln
A	Mercury
A	Oldsmobile
A	Plymouth
A	Pontiac
A	Saturn
A	Misc Autos
A	Acura
A	Audi
A	BMW
A	Honda

ALL FULL ADVERTISING

CLASSIFIEDS 877-7400

HOURS: MONDAY THRU FRIDAY 8:00 A.M.-5:00 P.M.-CLOSED SATURDAY AND SUNDAY

FOR YOUR INFORMATION

Please check your ad for correct classification and proper wording the first day it appears. At the time you place your ad, please verify spelling of any unusual words or names. The Journals reserve the right to edit, reject or cancel the publication of any ad.

Adjustments: Please report errors the first day your ad appears. The Journals will not be responsible for any errors that occur after the first day. If you cannot locate your ad or if an error occurs please call 877-7400. In case of an error, the Journal will extend the schedule of that ad. The adjustment of any error will not exceed the cost of the ad.

Cancellation: To cancel an ad call 877-7400. Ask for your cancellation number. This number will serve as your record of cancellation in case of any misunderstandings or adjustments. You must call before the deadline to cancel an ad. There is no refund or rebate on early cancellation when purchasing the *Sell It Fast Deal*.

Box Charges: Replies picked up at a Journal office, \$5.00 per week; replies mailed, \$10 per week.

Faxing Your Ad: Dial 1-618-876-4240 to fax your ad to us. Please include your daytime phone number, home phone

number, full name, address, city, state and zip. Print your ad clearly. A Journal salesperson will call to verify your information.

Notice to Readers: Prior to responding to advertisements requesting money to be sent or invested you may wish to investigate the validity of the offering and the company. The Journals cannot assume any responsibility of such offerings within the classified pages. For information regarding the investigation of business opportunities, contact the Better Business Bureau.

RATES

SUNDAY.....10 Words \$3.80
WED/THURS.....10 Words \$6.50
3 ISSUES.....10 Words \$8.90

DEADLINES

SUNDAY.....3:00 Friday
WED/THURS.....4:30 Monday
ILLINOIS WED.....10:00 Monday
ILLINOIS SUN.....3:00 Friday

TRANSPORTATION



Hyundai.....42
Isuzu.....44
Lexus.....46
Mazda.....50
Mitsubishi.....52
Nissan/Datsun.....56
Porsche.....58
Subaru.....60
Toyota.....62
Volkswagen.....64
Volvo.....66
Mitsubishi.....68
Nissan/Datsun.....70
Porsche.....72
Subaru.....74
Toyota.....76
Volkswagen.....78
Volvo.....80
Mitsubishi.....82
Nissan/Datsun.....84
Porsche.....86
Subaru.....88
Toyota.....90
Volkswagen.....92
Volvo.....94
Mitsubishi.....96
Nissan/Datsun.....98
Porsche.....100
Subaru.....102
Toyota.....104
Volkswagen.....106
Volvo.....108
Mitsubishi.....110
Nissan/Datsun.....112
Porsche.....114
Subaru.....116
Toyota.....118
Volkswagen.....120
Volvo.....122
Mitsubishi.....124
Nissan/Datsun.....126
Porsche.....128
Subaru.....130
Toyota.....132
Volkswagen.....134
Volvo.....136
Mitsubishi.....138
Nissan/Datsun.....140
Porsche.....142
Subaru.....144
Toyota.....146
Volkswagen.....148
Volvo.....150
Mitsubishi.....152
Nissan/Datsun.....154
Porsche.....156
Subaru.....158
Toyota.....160
Volkswagen.....162
Volvo.....164
Mitsubishi.....166
Nissan/Datsun.....168
Porsche.....170
Subaru.....172
Toyota.....174
Volkswagen.....176
Volvo.....178
Mitsubishi.....180
Nissan/Datsun.....182
Porsche.....184
Subaru.....186
Toyota.....188
Volkswagen.....190
Volvo.....192
Mitsubishi.....194
Nissan/Datsun.....196
Porsche.....198
Subaru.....200
Toyota.....202
Volkswagen.....204
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Mitsubishi.....208
Nissan/Datsun.....210
Porsche.....212
Subaru.....214
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Volkswagen.....218
Volvo.....220
Mitsubishi.....222
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Porsche.....226
Subaru.....228
Toyota.....230
Volkswagen.....232
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Mitsubishi.....236
Nissan/Datsun.....238
Porsche.....240
Subaru.....242
Toyota.....244
Volkswagen.....246
Volvo.....248
Mitsubishi.....250
Nissan/Datsun.....252
Porsche.....254
Subaru.....256
Toyota.....258
Volkswagen.....260
Volvo.....262
Mitsubishi.....264
Nissan/Datsun.....266
Porsche.....268
Subaru.....270
Toyota.....272
Volkswagen.....274
Volvo.....276
Mitsubishi.....278
Nissan/Datsun.....280
Porsche.....282
Subaru.....284
Toyota.....286
Volkswagen.....288
Volvo.....290
Mitsubishi.....292
Nissan/Datsun.....294
Porsche.....296
Subaru.....298
Toyota.....300
Volkswagen.....302
Volvo.....304
Mitsubishi.....306
Nissan/Datsun.....308
Porsche.....310
Subaru.....312
Toyota.....314
Volkswagen.....316
Volvo.....318
Mitsubishi.....320
Nissan/Datsun.....322
Porsche.....324
Subaru.....326
Toyota.....328
Volkswagen.....330
Volvo.....332
Mitsubishi.....334
Nissan/Datsun.....336
Porsche.....338
Subaru.....340
Toyota.....342
Volkswagen.....344
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Mitsubishi.....348
Nissan/Datsun.....350
Porsche.....352
Subaru.....354
Toyota.....356
Volkswagen.....358
Volvo.....360
Mitsubishi.....362
Nissan/Datsun.....364
Porsche.....366
Subaru.....368
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Volkswagen.....372
Volvo.....374
Mitsubishi.....376
Nissan/Datsun.....378
Porsche.....380
Subaru.....382
Toyota.....384
Volkswagen.....386
Volvo.....388
Mitsubishi.....390
Nissan/Datsun.....392
Porsche.....394
Subaru.....396
Toyota.....398
Volkswagen.....400
Volvo.....402
Mitsubishi.....404
Nissan/Datsun.....406
Porsche.....408
Subaru.....410
Toyota.....412
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Mitsubishi.....418
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Porsche.....422
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Nissan/Datsun.....434
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Nissan/Datsun.....448
Porsche.....450
Subaru.....452
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Volvo.....458
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Nissan/Datsun.....462
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Subaru.....466
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Volkswagen.....470
Volvo.....472
Mitsubishi.....474
Nissan/Datsun.....476
Porsche.....478
Subaru.....480
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Nissan/Datsun.....490
Porsche.....492
Subaru.....494
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Volvo.....500
Mitsubishi.....502
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Toyota.....524
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Subaru.....536
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Mitsubishi.....544
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Subaru.....564
Toyota.....566
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Porsche.....576
Subaru.....578
Toyota.....580
Volkswagen.....582
Volvo.....584
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Porsche.....590
Subaru.....592
Toyota.....594
Volkswagen.....596
Volvo.....598
Mitsubishi.....600
Nissan/Datsun.....602
Porsche.....604
Subaru.....606
Toyota.....608
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Volvo.....612
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Subaru.....620
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Subaru.....676
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Mitsubishi.....684
Nissan/Datsun.....686
Porsche.....688
Subaru.....690
Toyota.....692
Volkswagen.....694
Volvo.....696
Mitsubishi.....698
Nissan/Datsun.....700
Porsche.....702
Subaru.....704
Toyota.....706
Volkswagen.....708
Volvo.....710
Mitsubishi.....712
Nissan/Datsun.....714
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Subaru.....718
Toyota.....720
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Volvo.....724
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Nissan/Datsun.....728
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Subaru.....732
Toyota.....734
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Volvo.....738
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Nissan/Datsun.....742
Porsche.....744
Subaru.....746
Toyota.....748
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Mitsubishi.....754
Nissan/Datsun.....756
Porsche.....758
Subaru.....760
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Porsche.....1206
Subaru.....1208
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Subaru.....1572
Toyota.....1574
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Mitsubishi.....1580
Nissan/Datsun.....1582
Porsche.....1584
Subaru.....1586
Toyota.....1588
Volkswagen.....1590
Volvo.....1592
Mitsubishi.....1594
Nissan/Datsun.....1596
Porsche.....1598
Subaru.....1600
Toyota.....1602
Volkswagen.....1604
Volvo.....1606
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Volkswagen.....1674
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Subaru.....1684
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Nissan/Datsun.....1694
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Toyota.....1700
Volkswagen.....1702
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Mitsubishi.....1706
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Nissan/Datsun.....1722
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Nissan/Datsun.....2478
Porsche.....2480
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Volvo.....2488

Help Wanted 320

HELP WANTED

Full Time Typesetter
Part Time Paste up

Must be able to work flexible hours, late nights and weekends. Applications being accepted Monday thru Friday, 8:30 a.m. - 5:00 p.m. at:

Journal Newspapers of Southern Illinois
219 North Illinois
Belleville, IL
(No Phone Calls Please)
EOE

WANTED

EXPERIENCED AUTOMOTIVE
BILLER/TITLE CLERK

Immediate opening for an experienced person in a busy Chrysler dealership. Excellent earnings and benefits include health insurance & 401K plan. Apply in person and ask for **OFFICE MANAGER**

DAVE CROFT
Collinsville
344-0202

Unlike other tax schools, ours is tuition free.
Introductory Course
Tuesday and Thursday evenings beginning September 15, 1994 in Granite City (see for location and schedule)

JACKSON HEWITT
TAX SERVICE
876-2829

WESTERN UNION

**\$6.50 PER HOUR
NO EXP NECESSARY**

Western Union offers 16-30 hours per week (you select how many). Must work Saturday and Sunday (4, 6 or 8 hours each day) plus choice of weekdays. We offer mostly afternoon and evening hours. Must be at least 16 yrs. old.

Pre-employment tests in spelling & typing are given Monday thru Friday 8:30 a.m. OR 1:00 p.m. sharp.

314-291-8000 ext. 4281 for directions to 13022 Hollenberg, Bridgeton, Mo.

Equal Opportunity Employer M/F/H/V

Help Wanted 320

SOCIAL SERVICE

7 days/week for 106

bed nursing facility. Assist with general social services to residents & families. Degree preferred. Send written letter of interest with resume to: **ADP Administrator, Freeborn Care Center, 306 Rte. 15, Freeburg, IL 62243**

CNA

New upgraded/

Increased Salary Program along with an Improved Flexible Benefit Package. Full, part or PRN come talk with us & see what we have to offer.

Colonial Care Center
3900 Stearns Ave.
Granite City, IL

Help Wanted 320

AM CATERING CO.

FAIRMONT PARK

Collinsville, IL

Accepting applications for:

- BUFFET SERVERS
- DISH WASHERS

Go to Stable gate by Pepsi/Machine after 11 a.m.

FOOD SERVICE SUPERVISOR

EXCELLENT OPPORTUNITY FOR SOMEONE WHO IS INTERESTED IN A FOOD SERVICE CAREER. WILLING TO TRAIN. PLEASE APPLY IN PERSON.

COLONIAL CARE CENTER
2900 Stearns Ave.
Granite City, IL

WANTED

Part Time Employee

20 hour work week. Safety Services Representative. Teaching/Marketing American Red Cross Safety Courses. Will Train. Submit Resume

Tri City Chapter
3726 Stearns Ave.
Granite City, IL 62040

Help Wanted 320

GLASS INSTALLER

Full Time. Some ex-

perience necessary. For more information call **344-9222**

COLONNADES NURSING HOME

is accepting applica-

tions for Certified Nurse Aides. Apply in Person **#1 COLONIAL DRIVE GRANITE CITY**

WANTED

Part Time Employee

20 hour work week. Safety Services Representative. Teaching/Marketing American Red Cross Safety Courses. Will Train. Submit Resume

Tri City Chapter

3726 Stearns Ave.
Granite City, IL 62040

Help Wanted 320

ABRAM'S REALTY

If you enjoy meeting

new people, we are looking for a few good agents. We will help you train.

Call **877-1900**

HAIR STYLIST WANTED

Station Rental For

Only \$50.00 A Week.

Call **877-0240**

For Details

Downtown hotel seek-

ing international guest oriented restaurant manager. Must have at least two years food & beverage experience. Send resume to: **901 N. 1st St. St. Louis, MO 63102**

Help Wanted 320

CASHIERS

Store and fuel

desk. No experience necessary. Full or part time employment. Apply in person, Monday through Friday, 9 a.m. - 5 p.m.

Call **877-1900**

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Only \$50.00 A Week.

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Help Wanted 320

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EXTRA INCOME

3rd Shifts

• Downtown Bank Project

• Alpha Numeric Data Entry

• 10-Key Adding Machine

• General Clerks

Call for appointment today!

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Call for appointment today!

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Help Wanted 320

CUSTOMER SERVICE

Join our team in our

new location in the westside area. Basic phone surveys with only a pleasant speaking voice and minor key-board skills required. No sales. Many days, evenings and weekends hours available. Part time or full time. Contact Beth: **314-432-2937**

DELIVERY DRIVERS

Base salary plus

Room for advancement. Apply in person: **2015 Chester Ave. Granite, MO Phone Calls**

DIETARY AIDE

Applications now being

accepted for dietary aide positions. Health insurance, benefits available. Apply in person: **Mon-Fri 8:30am-5pm, Anne Henry Nursing Home, 637 N. 1st St. St. Louis, MO 63102**

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BUS DRIVERS

Immediate openings. Now hiring

school bus drivers for special education students. Starting salary \$6.15 per hour. Training classes provided. Must be 21 years of age. Apply at:

School Services & Leasing Inc.
396-3340

CABLE TV INSTALLERS

National contractor offering

\$500 Sign-On Bonus for qualified experienced installers. Ready to work in the St. Louis area. Top pay. Must have own late model truck and tools. Training available.

Call **NACOM**
1-800-869-0103

FARM LIFE TO \$200 WEEKLY

STUFFING ENVELOPES. ALL

START NOW. NO EXPERIENCE REQUIRED. FULL TIME. PART TIME. INFORMATION AND APPLICATIONS: **STAMPERS, 4241 S. GARDEN, ST. LOUIS, MO 63108**

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Help Wanted 320

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